

# GLAMOUR

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SEPTEMBER 2015

Oh no, Rita!  
Nothing to wear?

# 507

## OUTFITS

It's the  
**BIG**  
fashion  
issue

The £90  
investment coat

And *hello*, £35  
party shoes!

**20%** off  
at Urban  
Outfitters

How to get  
fashion's  
best jobs

# Rita Ora

- X Factor
- Ex-boyfriends
- Fabulously X-rated

How  
much  
**SEX**  
is normal?

"I had to  
decide: risk  
rape or death"  
What would  
you do?



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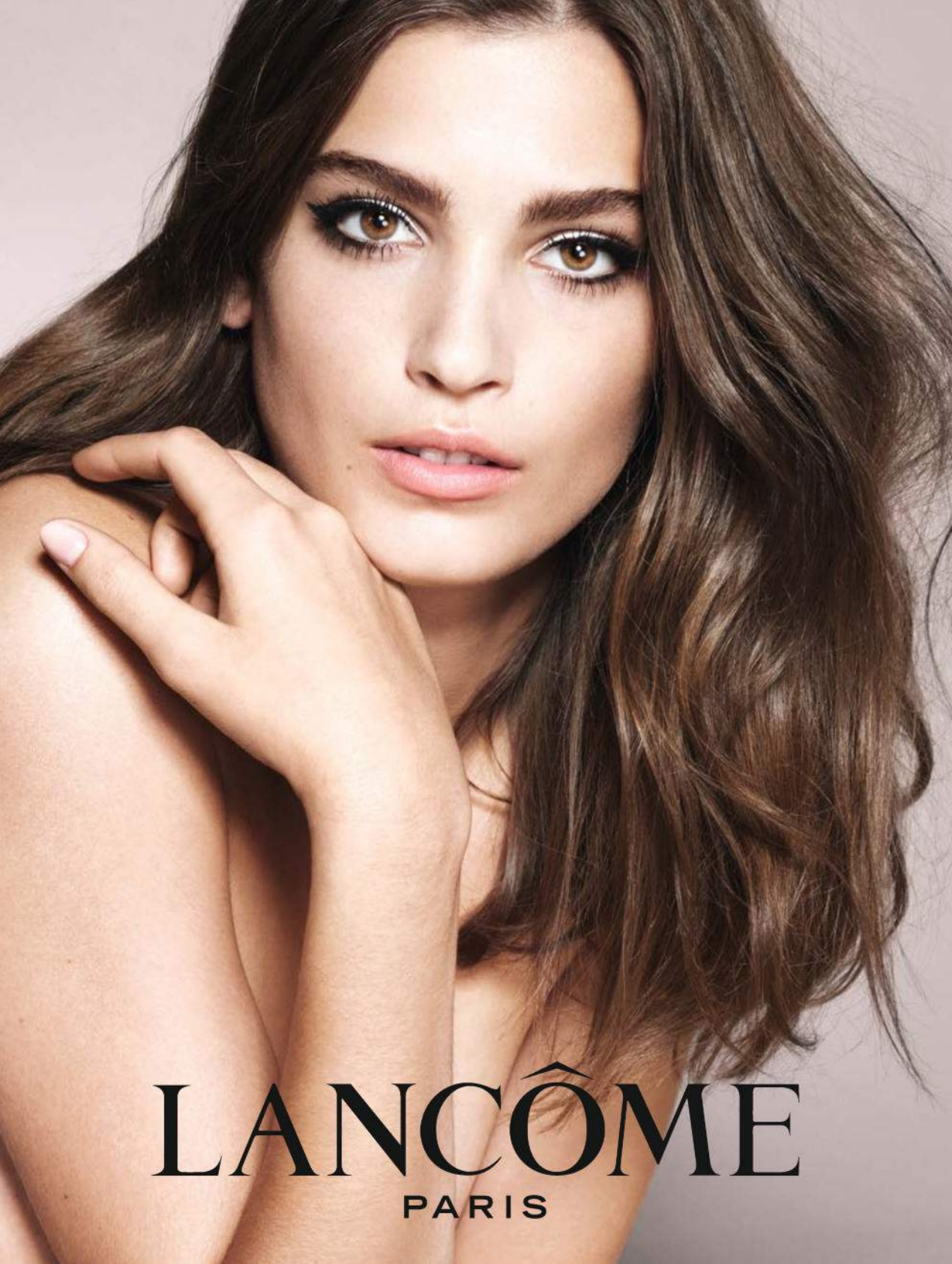


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CHANEL



A woman with dark hair is walking on a city street, captured in a side profile. She is wearing a vibrant red, sleeveless, knee-length dress with a flared skirt. A black strap with a large, dark, fur-like bag is slung over her shoulder. She is also wearing black lace-up shoes. The background shows a blurred city street with buildings and a yellow structure in the distance.

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# GLAMOUR

September 2015



## Special issue!

This month, GLAMOUR is also available in a special collector's supersize. While stocks last

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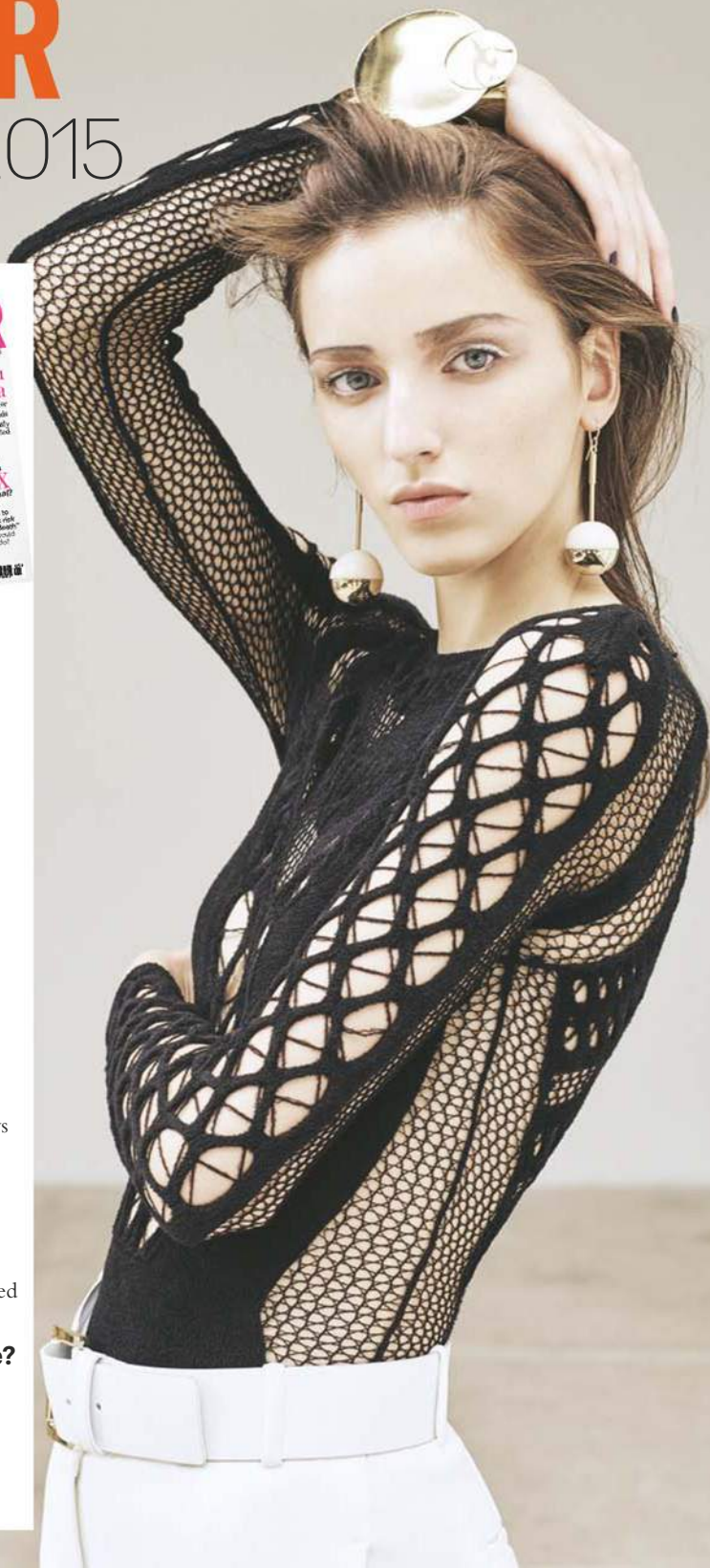
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TOMMY  HILFIGER



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## WIN the cover look



### ON THE COVER

Photograph by David Dunan  
Fashion Director Natalie Hartley  
Hair Chris Appleton  
Make-up Kirstin Piggott at Julian Watson Agency for Rimmel London  
Manicure Neringa Nails  
Dress Emanuel Ungaro



### Make-up

Get Rita's cool look, courtesy of Rimmel London. One reader will win: Mono Blush in Santa Rose; SunShimmer Bronzing Compact Powder; Wonder-full Wake Me Up Mascara in Black; Match Perfection Foundation in Classic Beige; Oh My Gloss! in Keep A Secret; Moisture Renew Lipstick in Ringa Ringa Roses; Glam'Eyes Quad Eyeshadow in State Of Grace; Glam'Eyes HD Eyeshadow in Pinkadilly Circus; Glam Eyes Quad Eyeshadow in Smokey Brun



### Hair

One reader will win these Schwarzkopf products: Essence Ultime Diamond Color Illuminating Oil; Essence Ultime Omega Repair BB Beauty Balm; Essence Ultime Blonde & Bright Brightening Shampoo; Essence Ultime Blonde & Bright Brightening Conditioner; Essence Ultime Crystal Shine 220° Heat Protection; Essence Ultime Crystal Shine Finishing Oil; Essence Ultime Diamond Color Intensive Mask

**How to enter** For your chance to win, simply answer this question: **In which Jake Gyllenhaal film does Rita star?** Text GLAMOUR followed by your answer, name and email address to 83149†. Winner(s) will be selected at random after the closing date of **September 9, 2015** and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see [glamourmagazine.co.uk/termsandconditions](http://glamourmagazine.co.uk/termsandconditions)

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# REPLAY

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# Meet my new stylist

**W**elcome to our BIG Fashion Issue! And you have the choice of reading GLAMOUR in original

handbag size or collector's edition supersize. Of course, you could also download us onto your tablet or smart phone, too. Whichever you decide, it is a celebration of all things fashion, with that all-change excitement that comes with looking ahead to the new season.

Like everyone who works at GLAMOUR, I really am obsessed with clothes. And those of you who follow me on Instagram will know that my daily choices cause a lot of consternation, bewilderment and hilarity in my own house. Many of you tell me you enjoy the hashtag I've had going, #clothesmyhusbandhates. What you might not know is that my fashion critic husband has a live-in partner in crime, my ten-year-old daughter. They're like a double act. "Oh my god, Dad, wait 'til you see what she's wearing, she looks like a crazy CBBC presenter," or, "If you're wearing that, can Dad take me to school?" are typical comments. High on the list of offending garments is the jumpsuit. I love them, I have a lot of them, those two hate them.

After another relentless week of insults ("I thought you said you had to look nice for an important meeting today?"), I threw down the gauntlet to my burgeoning style blogger. "Evie, why don't YOU choose what you'd like me to wear?" She raced upstairs, launched herself into my wardrobe and started pulling out the stuff she wishes I would wear. I agreed to wear what she chose. I have to admit, I had some faith. She has started to develop an interest in fashion and is very particular about what she likes. So I could end up discovering a whole new style for myself through her eyes. Or it could be the longest, least fashionable week of my life since the puffball skirt I wore in 1985.



## MONDAY

I'm smiling because this outfit is pleasingly functional. This Topshop skirt is one of Evie's favourites – it's usually the thing she pulls out, rain, hail or shine, and tells me I should wear. I talked her out of the clashing red clogs she wanted me to wear with it. And it's the last school run 'til September, so even if she'd put me in a Teletubbies costume, I'd have been smiling that day.

## TUESDAY

Evie got a bit giddy for a Tuesday. I hope I can be forgiven for refusing to wear this dress (a real 1960s find from my friend, vintage king William Banks-Blaney) to work. Last time I wore it was to a fancy cocktail party at Claridge's. She ain't meant to be sullied on the Tube. I agreed to wear it for a pic because it's Evie's favourite thing I own. But I urged her to bring it down a few notches, go a bit more relaxed for the next day.



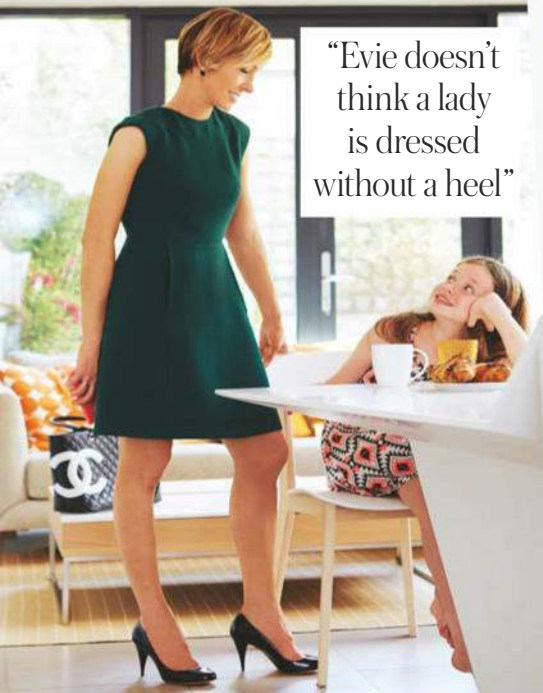
## WEDNESDAY

Silly me, I did say 'casual'. I like the Current/Elliott jeans. I like my Vans. The Speedy Gonzales tee? I don't even know how or when it was acquired, but I only wear it to clean the bathroom. Again, I refused to wear it. I was due at the Houses of Parliament for a meeting. I mean, come on! ►

*"You should dress up more, Mum!" Well yes, but not for rush hour?*

# GLAMOUR

## EDITOR'S LETTER



"Evie doesn't think a lady is dressed without a heel"

### THURSDAY

Today we got into the swing of it. Another of Evie's favourites (mine too) is this dress from Dawn O'Porter's BOB range. It's even called The Elvin – it was literally made for me (thanks, Dawn!). I'd normally wear it with flats, but Evie doesn't think a lady is dressed without a heel. I love a heel as much as the next woman. Which means I also hate a heel, especially one I've had on for eight hours. Lots of compliments, though. Well done, Evie.



100% me.  
Gold star, Evie!

### FRIDAY

Oh God, more heels. Funnily enough though, these Valentinos are very comfortable. I can't fault Evie's taste, they are her favourite shoes of mine and she regularly tries them on. She's only a size and a half behind me now. She thinks these jeans are terrible, so she thought she was embarrassing me by putting me in them. Sorry, Evie, I love them! So this was probably my favourite outfit of the week.

### SATURDAY

She was determined to get me into those clogs. So in true GLAMOUR style, she built an outfit from the ground up. It's perfectly fine, it's three items I really like – Swedish Hasbeens shoes, Mango jeans and Preen top. I probably wouldn't have been so 'matchy-matchy'. But how can I refuse that face? A clip-clop in a heel around Sainsbury's it is.



Can I dress myself yet?

It was a fun week where we didn't argue. Too much. But I'm glad to be back fully in charge of my outfit choices. There's no way I get a say in what she wears any more, so that seems fair.

## The outfits she hates

My Instagram hashtag could just as easily be #clothesmydaughterhates – she and my husband are particularly united against the jumpsuits and 'clown pants'. Rude!



Enjoy this big fashion issue!

*Jo*

**Jo Elvin, Editor**

contact me at: [editor@glamourmagazine.co.uk](mailto:editor@glamourmagazine.co.uk)

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**P I E R L O T**



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GLAMOUR  
WE HEAR YOU!



## "Inspired to run"

As someone who never exercises, *How Fitness Changed Our Lives* was not on my radar as something I'd relate to. How wrong could I be? From Amy Abrahams' reasons for not exercising (all of which have come out of my mouth on more than one occasion) to Naomi White using exercise to help with her inflammatory bowel disease (I suffer from ulcerative colitis), it spoke to me in a way no other exercise feature ever has. So thank you, GLAMOUR, for inspiring me to strap on some trainers, to silence the voice telling me I'll be crap at it, to not use my illness as an excuse and to take my fitness into my own hands. Local park run, here I come!

**Rebecca, by email**

**This month's star letter wins a BOSE SoundLink Colour Bluetooth speaker worth £120. This small speaker offers a high-level sound with wireless connection. [bose.co.uk](http://bose.co.uk)**



## Sober sex rules

After reading your insightful *Why I Kicked Alcohol Out Of Bed*, I saw so many parallels with my own life. At the end of my marriage, which was pretty much sex-free (not my choice), I was facing a daunting new world of dating. The thought of sleeping with a relative stranger was exciting, but terrifying. I found that alcohol could numb that fear of rejection. However, it can also numb sensation, feelings, thoughts and the ability to make the right decisions. I've now met the love of my life, who has opened up a new world of lovemaking – the kind that doesn't come with an alcohol-induced haze.

**Terri, by email**

**@kimmy\_kjt** Just read @GlamourMagUK 'Why perfect sucks and good enough rocks'. What

a great article & so very true! I choose happiness over perfection.

## Challenging taboos

I just wanted to say how pleased I was to read *My Sister, My Brother*. As a mother who is currently raising a gender-nonconforming child (with gender dysphoria), it is a joy to read someone talk honestly and lovingly about the issues of transgender people and their families. The guilt you can feel for mourning the person you have lost can be overwhelming, and I'm so glad your article has dealt with it. Parents, especially, need to know that it's OK to feel sad, even if you are fully accepting! The 'trans taboo' is still in full swing, but it's stories like this that make the world a more accepting place for us and our children.

**Holly, by email**

**@JessieCumming** Loved @jo\_elvin editor's letter in @GlamourMagUK. I found it so touching and I didn't even know Amy Winehouse.

## Liberated, not lonely

Thank you, GLAMOUR, for clearing up the assumption that all singletons are lonely (*Single vs Attached; Which Is Better?*). It is so refreshing to see statistics that show single women can be just as satisfied as they can be in a relationship. Too often family seem unable to comprehend why I wouldn't want to be in a relationship. But I'm happy, fulfilled and successful – and I didn't need a relationship to do it!

**Holly, by email**

**@JRK\_81** Totally agree with @hotpatooties in @GlamourMagUK. I am loving life in my 30s very much.



## GLAMOUR-TO-GO

This month's winner is Zahra Hussain, pictured with GLAMOUR at Casino Square in Monte Carlo, Monaco. Zahra wins a Lumia 635 smartphone. The Lumia has lightning-fast 4G connectivity in a selection of great colours, a beautiful 4.5in screen and Windows built in. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!

Write in! We want to hear about you – about GLAMOUR, your life, anything. Email us at [letters@glamourmagazine.co.uk](mailto:letters@glamourmagazine.co.uk) or write to GLAMOUR We Hear You! 13 Hanover Square, London, W1S 1HN.





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The GLAMOUR

EDIT

Fashion, Beauty,  
News & Views

# Barely there

Give summer the shoulder

**A** super-separate that crosses over seamlessly from day to night? Total DO. Try a V-shaped neckline in a neutral shade, worn with a long fluid skirt to keep things boho during the day (thanks for demonstrating, Karlie), then add heels to dress it up for night. Just don't forget your SPF – tan lines are the only no-no. ►



Karlie Kloss  
heading to Taylor  
Swift's house  
party in New York

# Amy LOVES...

Actress and Max Mara ambassador  
Amy Adams reveals her favourite things



## Fashion addiction

"I have an outerwear problem, and I love the Max Mara bomber in blue and taupe. I also have a cashmere problem that I don't get to indulge in LA. Which is, you know, not really a problem."



MAX MARA

## Wish-list item

"I want the zebra bag from the Max Mara campaign. It's quite beautiful."

## Hollywood icon

"Meryl. Streep. I mean, I don't need to say her last name but I don't think I can just call her Meryl."



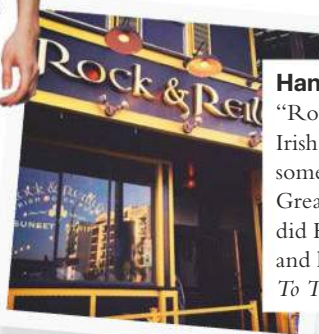
## TV show

"My current favourite is *Girls*."



## Hangout

"Rock & Reilly's in LA. It's an Irish bar and my sister-in-law hosts something called The World's Greatest Tribute Bands. They did Huey Lewis And The News and had the DeLorean from *Back To The Future* parked out front."



## Secret beauty weapon

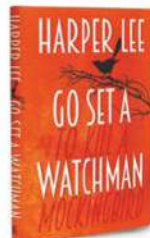
"Eucerin makes this foaming bath oil I use for shaving – it's an oil body wash, but perfect and I don't get razor burn."

Try **AtoControl Bath & Shower Oil**  
£15 Eucerin



## London location

"I love St Paul's Cathedral, that's just my favourite place. I filmed a movie in London when I first started dating my husband and we toured around that summer. It's great to bring my daughter back here now."



## Book

"*To Kill A Mockingbird* is an all-time favourite. I'm excited about reading [Harper Lee's new book] *Go Set A Watchman*."

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Yaris Icon 3-door 1.0 VVT-i Manual. Official Fuel Consumption Figures in mpg (l/100km): Urban 54.3 (5.2), Extra Urban 74.3 (3.8), Combined 65.7 (4.3). CO<sub>2</sub> Emissions 99g/km. The mpg & CO<sub>2</sub> figures quoted are sourced from official EU regulated test results. These are provided for comparability purposes and may not reflect your actual driving experience. Model shown is Yaris Icon 3-door 1.0 VVT-i Manual at £12,745. Price excludes metallic paint at £495. Prices correct at time of going to press. \*0% APR Representative available on new retail orders of Yaris (excluding Active) when ordered between 1 July and 30 September 2015 and registered and financed through Toyota Financial Services by 31 December 2015 on a 42 month AccessToyota (PCP) plan with 0-32% deposit. ^Payment shown

is based on a 42 month AccessToyota contract with £179 customer deposit, £900 Finance Deposit Allowance and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC; registered office Great Burgh, Burgh Heath, Epsom, Surrey, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over contracted charged at 8p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.

# 24 hours with Jack Whitehall

...as he edits *The Bad Education Movie*

**9AM** I hit snooze a couple of times and then end up being very late. I bought a Nutribullet at Christmas, which was supposed to be the start of a different me. For about two weeks, it was the talk of the town, but unfortunately, the major issue is that you need to buy fruit in advance. If I lived in an orchard, I might use it more often.

**9.45AM** I get the Tube and listen to music. Recently, it's been film scores to get inspiration for *The Bad Education Movie* – lots of John Williams and bobbing my head to the themes from *E.T.* or *Jurassic Park*.

I get black coffee from anywhere – I'm not fussy – and some food from Eat or Pret. **10.15AM** I get to the edit suite on Soho Square. I'm in a tiny room with director Elliot Hegarty, producer Pippa Brown and editor Peter Oliver. Editing is an enjoyable process, very much trial and error.

**1PM** We break for lunch around now. The offices where I used to do all my writing were in Soho, and I miss it. The coffee shop next door to the edit suite has become a regular haunt during the past month. **2PM** Back to it for the afternoon, but at around **4PM** I have to nip out and make some calls to my agent or my father. He doesn't like email or texting, so whenever he has something to discuss, it has to be on the phone, or preferably in person. Work creeps later and later closer to release, and there's always a moment where we discuss bringing alcohol into the edit suite. That spells the beginning of the end. **8PM** If it's an earlier finish, I'll go home and cook. I live with Gemma [Chan, Jack's girlfriend] and a flatmate. He's the worst cook in the world. He once made a salad that was constructed of beetroot, raisins and diced Peperami, with vinaigrette on it. As you know, Peperami is seldom used by top chefs. **9PM** I'll watch stuff I've block recorded – at the moment, it's *Game Of Thrones* and *Silicon Valley*. I should go to bed earlier, but my evening will end with me watching something ludicrous at about **1AM**. Last night, it was *My Granny The Escort* on Channel 4. I watched for about 20 minutes and then realised sleep was a better option. ►

“There's always a moment where we discuss bringing alcohol into the edit suite”





Cape  
14.99



# Bum bags are back

...and they've had a makeover

Who'd have thought it? The bum bag – sorry, in

polite society we now call it a *belt-bag*, don't you know?

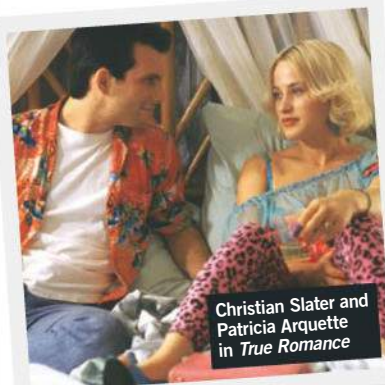
– has made a comeback.

Thankfully, it's a far cry from the early '90s 'Mr Motivator' vibes.

"To make it work, it should feel really luxe, instead of utilitarian," says GLAMOUR's Shopping Editor, Lucy Walker. "Think leather and gold hardware, like these Chanel belt-bags. Sleek and feminine is what you're aiming for." And to avoid that heading-to-the-gym look? "Don't wear it with anything too sporty. Something simple and classic (SJP's striped top and jeans are perfect) keeps it chic."



The new belt-bag – avoid styling with Lycra unitards



Christian Slater and Patricia Arquette in *True Romance*

## Big screen, big love

Top movie nights rated R (for romance)

You, under the stars, watching a classic love film in the British Museum's courtyard. Sounds like a pretty nice way to spend the bank holiday, right? At the BFI's Summer Love Weekend (August 27-29), there are sunset screenings of three very different romances: Merchant Ivory's *A Room With A View*, starring Helena Bonham

Carter; '70s crime story *Badlands* with Sissy Spacek; and fairytale adventure *The Princess Bride* with Robin Wright. It comes ahead of the BFI's LOVE season, which is set to be one of their best yet, with *True Romance*, *Brief Encounter*, *My Beautiful Laundrette* and *When Harry Met Sally* on the bill so far. [bfi.org.uk/love](http://bfi.org.uk/love) ►

Overdone it  
this summer?  
Turn up the  
hair  
conditioning



"There's more to life than hair but it's a good place to start."

# Why 'weird' is a compliment

By actress, author and co-founder of YouTube channel Geek & Sundry, **Felicia Day**



All my life, I've been an outcast. I've heard every variation of "You're a weirdo!" at a party from a girl with a perfect manicure

who I'll never feel cool enough to be friends with. So, I know how easy it is to allow yourself to feel excluded by others. But over the years, I've realised that being called weird is the biggest compliment you can get. Why?

## History says so

Google shows the word 'weird' comes from the old German 'wyrd', meaning 'having the power to control destiny'. That's basically a superpower, right?

## Memorable is better than forgettable

On principle, I never wore matching socks to college. It was a slightly stupid but defining characteristic that, to this day, people bring up when they reach out over Facebook. "Remember me? I remember your socks!" To me, if you're called weird, it means you're showing the world you feel free enough to be yourself. That impacts others, maybe opening up an opportunity for them to feel brave, too. And worst-case scenario? You'll always be easy to

buy gifts for. "She loves spoons. Done! So glad I'm friends with Spoon Lady!"

## Individuality changes the world

We are all unique by DNA construction. Write a paragraph about a cat, and it'll be different from any other person's. The difference is, people who innovate don't rewrite their stories to try and match those around them. They PLAY UP their differences. You can't simultaneously make your mark and blend in. The Eiffel Tower was considered hella ugly when it was first built. "Get that monstrosity out of my daguerreotype!" (Or whatever old-timey hater tourists used.) Thomas Edison and Steve Jobs and

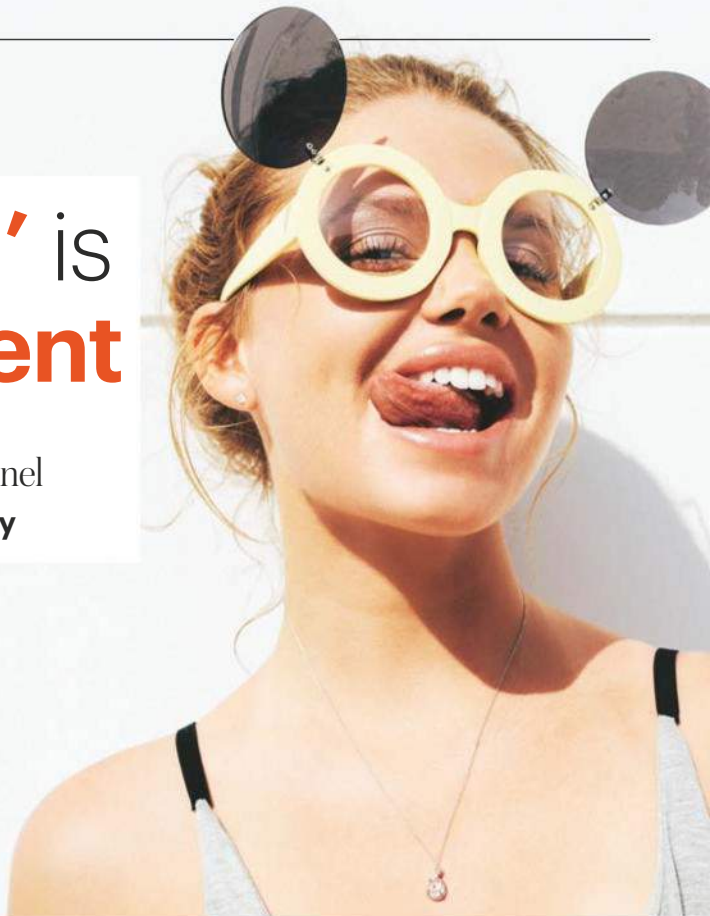
Madonna all succeeded by following their own, singular visions. We actually OWE it to the world to play up our differences. Because no one else in existence will be able to change the world in the exact way we can.

## Rejection makes life easier

That's kind of a lie. Rejection is horrible. It hurts, and sometimes all you want to do is strip away anything notable from yourself just to fit in. But in some ways, being excluded gives you the opportunity to solidify yourself. I earned the best career I could imagine by

embracing my outsider love of video games, maths and dragon literature. Your self-worth is always there, waiting to be embraced, but sometimes a hater helps nudge you towards it. ►

"Being weird is basically a superpower"



Lazy summer days? Err, no.

**Crazy summer days?** You betcha.

We know you never let anything get in the way of

**having fun.** But even you –

although you might not admit it –

**have your limits.**

Like those mornings after the night before

when your hair looks like it's in need of **CPR.**

Lucky for you, Aussie's got your back

(or rather, your hair)

thanks to our Limited Edition

# Beach Mate Collection

crammed with all the usual Aussie exotica.

Hair in deep water? Don't fret.

These handy **little miracles**

will make sure your summer goes swimmingly.

It's beached-out hair's

**lifeguard in a bottle**

(minus the 6-pack).

DINKY  
TRAVEL SIZE



"There's more to life than hair but it's a good place to start."



# Four people you always meet at **Fashion Week**

Coming to a FROW near you



## THE SEASONED FASHION EDITOR

Wearing the most understated (yet most expensive) outfit in the room.

## THE STREET-STYLE BAIT

Quirky accessory? Check. Rainbow hair? Check. Posing for photographer? Obvs.

## THE DJ-MODEL-INSTAGRAM-STAR

Who's only famous during Fashion Week. Attends *every* party.

## THE POWER-TRIPPING PR

Will barely look up from their clipboard to acknowledge your presence.

Illustration by **Dom&Ink**

## Walk this way

Every three minutes, a person in the UK is diagnosed with dementia. There's currently no cure – but this September, the Alzheimer's Society and Alzheimer's Scotland are aiming to raise more than £3.2million to fund further research and support, with their Memory

Walks. It's easy to get involved – just rally some friends, pick a distance, then try to raise £100 each. To find your nearest walk across England, Wales and Northern Ireland, visit [memorywalk.org.uk](http://memorywalk.org.uk), and for your closest walk in Scotland, see [memorywalkscotland.org](http://memorywalkscotland.org) ►

"There's more to life than hair but it's a good place to start."



**Dry tent? No**  
**Dry feet? Not quite**  
**Dry shampoo?**  
**Absolutely**

Knee-deep in festival madness?  
Let Miracle Dry Shampoo  
keep you looking like  
a crowd-surfing goddess.  
Dance in the rain? Go for it.  
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With these little beauties  
nothing's off the bill  
(except grease).

ROCK'N' ROLL  
HAIR



DAWN O'PORTER **HONESTLY**

**“Don’t  
judge me  
by my bad  
mood.  
And I won’t  
judge you”**

**W**hile I wouldn't say I was a moody person, that isn't to say I can't sulk and chuck the wobbly of all wobbles on occasion.

I like to think it's normal, as it's unrealistic for people to be chirpy all of the time and, sometimes, a really stinking mood can get you back on track. Everything feels better the day after a moody day... because it is.

Being in the public eye is a nightmare for having an off day. How many times have you heard stories of how moody a celebrity was when someone encountered them in real life? Famous people, like all people, have bad days. It has nothing to do with what they do for a living, or because they are different in any way, it's because they are human beings who live their lives. I remember seeing a Tweet where someone said they once saw my husband and I together and we looked like we were in terrible moods and really miserable together. She said that this made her 'really happy'. I looked at that Tweet for ages, because it floored me. To see a couple having a bad day, and for that to make you feel 'really happy'? Christ, how much of a bad mood do you have to be in to think that?

She was probably right. We most likely were in massive moods and having an argument or something. That happens; we're married. But it really made me think about the judgements I make about other people who are in moods or having a bad day. I'm terrible for judging people, and it's hypocritical, because I don't like being judged for it myself.

When I get in a mood, I know exactly what I'm doing and how awkward I'm making the people around me, but I'm in such a foul mood, I don't care if they feel uncomfortable. My moods can be brought on by tiredness, hunger or hormones, but sometimes they're caused by nothing. It's just a mood. We all know it will end and I'll be fun again soon, so the best thing to do is probably bog off and leave me to it. BUT, equally, if you do leave me on my ►

"There's more to Aussie than hair."



**Aussie Body Wash.**  
**Make yourself a smoothie.**  
**(No blender required.)**

Are you a  
smoothie-in-the-morning  
kind of girl?  
Then hop (like a kangaroo)  
into the shower with  
Aussie Body Wash.  
Exotic ingredients.  
Fab fragrance.  
And skin that feels as  
smooth as a bundle  
of baby koalas.



own, I'll feel abandoned and as though you're against me. If it doesn't escalate into an argument then I'll hold on to this tension and when I'm drunk I'll tell everyone that you acted like a dick that one time, despite it being my mood that started it. Moods are awful, often illogical, and whether you're in one or encountering one, they're going to ruin your day.

But despite my occasional wallowing, I wouldn't consider myself to be a moody person. I know moody people and they seem to be on a rotating wheel of good mood, followed by sharp descent into horrid mood, followed by feeling guilty for being such an arse, followed by freakishly good mood. I often

wonder who bad moods are harder on – the person who is pissed off, or the people around them who walk on eggshells.

We encounter people and their bad moods all the time, and we judge them for it when we should probably be a bit more understanding. Maybe the last person who was rude to you was just in a bad mood. All sorts of things could have happened to them that day, but all you got was a snapshot of their personality on a day that hadn't gone their way. Imagine if you were judged on the few occasions you were being unreasonable?

So I'm developing a new policy. A three-points-and-you're-out system. If I meet someone and they're in a bad mood, I'll try to let it go. If it happens again, I'll begin to judge them. If they're moody a third time, I'll happily confirm that they are awful. I think that seems fair.

What do you reckon? Tweet me @hotpatooties  
#GlamourMagUK

Love Dawn

"Everything feels better the day after a moody day... because it is"

GOING UP



### Funny answer machine messages

Everyone knows you 'can't take the call right now' – you might as well make them laugh.

### Brown rice pasta

A carb fix that's good for you.  
What's not to like?

### Colourful bra straps

Don't try to hide it, make it a thing. I love coral and pink.

### Facials

Treat yourself. Get buffed and squeezed, they really work. I'm addicted.

## DAWN'S DOS & DON'TS

### 'Feminist' necklaces

Just be it, you don't need it hanging round your neck.

### Going on about being busy

'I'm soooo busy', 'I'm toooo busy'. We are all busy, just get on with it. (I am the worst offender.)

### Too many selfies

Instagram is getting boring, too many pictures of faces... I want pictures of your lunch and cats please.

### Leg warmers

One '80s trend we don't want back. ☹



GOING DOWN

**REMOVES MAKE-UP, CLEANSSES, SOOTHES.**

All-in-one cleansing solution  
for sensitive skin.



**"I won't use anything else."**

Hayley Greenwood (Bedfordshire)

**"Best ever for my sensitive skin."**

Elaine Savage (Kent)

**"It's magic...my new favourite cleanser."**

Lynne B (Worcester)

## **The UK's No.1\*** Micellar Cleansing Water

### **What is it?**

A smart 3 in 1 wonder. Removes make-up, cleanses and soothes. Designed for sensitive skin, its effective yet gentle formula is loved by all skin types.

### **How does it work?**

The micelles (cleansing agents) within it act like 'dirt magnets', lifting away make-up and impurities in one step.

### **How do I use it?**

Simply apply to a cotton pad and gently wipe across your skin.

**GARNIER**

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FIND OUT MORE ON [PANTENE.COM](http://PANTENE.COM)

# Hey, it's OK...

...if sometimes your ideal plus one is your best mate, not your boyfriend

...to just RSVP 'no' without providing an explanation. It's happy hour, not jury service

...if the supermarket cashier asks if you're having a party when they survey your Friday-night-in food shop (thanks to GLAMOUR reader @PaynDeep)

...to freak the hell out when you open your inbox the first day back from holiday. 782 unread emails? Kill me now

...to watch the same episode of *The Big Bang Theory*/*Modern Family*/*New Girl* for the zillionth time – and still laugh at the jokes

...if you love to spoon in bed... for about five minutes, max – then you're desperate for some personal space

...if you can sing every word of the *Fresh Prince Of Bel-Air* theme tune – but are hazy on anything after the first two lines of the national anthem

...if his dirty talk makes you want to burst out laughing

...to just drink normal, bog-standard builder's tea, not some super-duper, antioxidant, magic tea from space (thanks to GLAMOUR reader @kateshereyay)

...if you spent an hour clicking through every picture on your boyfriend's ex's Instagram. If it's public, it's fair game

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }



Huge drinks before a three-hour movie... what could go wrong?

# MOVIE-WORTHY MEETS

These tales of true love could be straight out of a Hollywood script

Every couple in the rose-tinted world of rom-coms has what screenwriters call a 'meet-cute' – you know, that adorable, wholly implausible scene where they cross paths for the first time. Well it turns out, they can happen IRL, too...

"Living by the beach, I surf every day. One morning in the sea, someone crashed into me and their board smacked my head. Fuming, I paddled to the shore. The perpetrator ran up to me: 'I'm so sorry – oh my God, your head,' he said, seeing the bump. I was pissed off, but he insisted on sitting with me to check I wasn't concussed. After 20 minutes of apologies, I softened – he was quite sweet. Then he asked me out to lunch to make up for it. It turned out to be the best date I've ever had. Now, as a couple, we go surfing together." **Rosie, 26**



"I felt like an idiot when I turned up 12 hours late to get my coach – it left at 8am, not 8pm. I headed to the ticket booth to plead for a spot on the next one, but there was already a guy there doing the same: he'd got the right time, and the right day – but bought his ticket for the wrong month. We were in luck: there were two seats left on the next coach. And they were next to each other. I was so flustered by it all, it wasn't until we sat down that I realised my fellow traveller was seriously hot. We ended up talking the whole five-hour journey to Leeds. We've been seeing each other for almost a year now. If we'd both read our tickets properly, we'd never have met." **Coleen, 28**

"Meeting someone up the Eiffel Tower – how cheesy is that? But that's how I met my last boyfriend. We were in the same group in the lift. I was with friends, but he was on his own and asked me to take a picture of him. I had butterflies immediately. We got talking – he was from London, too – and he showed me some of the pictures he'd taken. He said he could email me some when he got back – it was so obvious he just wanted my email address that I burst out laughing, but I'm so glad he did, because we went out for almost a year. It didn't last, but thinking of that day still makes me smile." **Sarah, 29**

"There's only a narrow gap between my block of flats and the next. So when a very handsome man moved into the flat opposite, I got a clear view. We kept catching each other's eye through the windows, with a few shy smiles. Eventually, he held up a sign. It said: 'Drink?' then his number. I was looking out of *his* window as we ate breakfast the next day." **Amelie, 33**

"I was running a half marathon, but was struggling by the halfway point. I found myself running next to a guy who was finding it as hard as me. His first words were, 'Why the fuck did we sign up for this?' We ran together for the rest of the race – not really talking, just encouraging each other. At the finish line, we went our separate ways. I regretted not swapping numbers, but he was more tenacious. He went through Twitter checking every Tweet about the race, and found me. He Tweeted me – and here we are, three years later." **Jennifer, 33**

INSIDER KNOW-HOW

FROM THE MOST EXPERIENCED TRAVEL  
SPECIALISTS AROUND THE WORLD

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**Traveller** PRESENTS  
**THE LUXURY  
TRAVEL FAIR**

5-8 November 2015, Olympia London

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FOR INDIVIDUAL, TAILOR-MADE ESCAPES**

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PERFECT HOLIDAY**

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EXPERIENCES, THE BEST HOTELS,  
SPA BREAKS, SAFARIS AND CRUISES

**FIRE UP YOUR  
IMAGINATION**

WITH INTREPID TALES  
FROM TRAVEL PERSONALITIES

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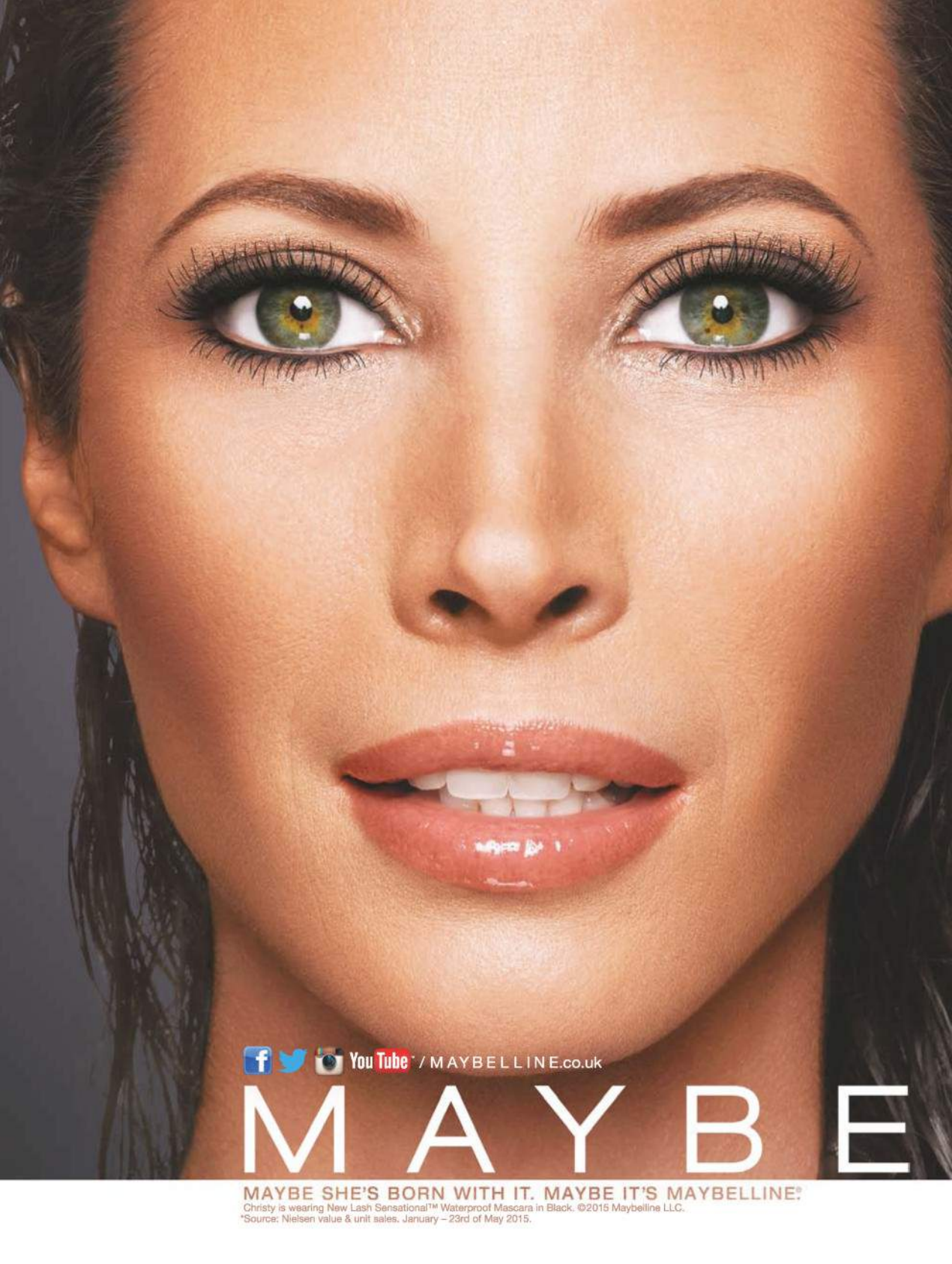
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Hotels

\*Booking fee of £2.50 per ticket applies. \*\*Calls cost 10 pence per minute plus network extras. Advance box office closes 4 November 2015.



   YouTube / MAYBELLINE.co.uk

# MAYBE

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Christy is wearing New Lash Sensational™ Waterproof Mascara in Black. ©2015 Maybelline LLC.  
\*Source: Nielsen value & unit sales, January – 23rd of May 2015.

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**OF SENSATIONAL**  
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**NEW YORK**

# THE (FUTURE) JOY OF SEX

We've looked into the erotic crystal ball – and it's ah-mazing

## SEX TRENDS

### Love lessons

Sex chat will no longer be between friends (and a bottle of Pinot). "We're seeing a marked increase in sexual learning platforms," says Rebecca Reid, editor-in-chief of women's sex magazine *AFT*. "More people are realising that a natural extension to good sex is learning how to improve it – for example, luxury erotica brand Coco de Mer hosts classes on oral sex and domination." Add some spice to your weekend espressos at Coffee, Cake & Kisses, a kinky London cafe that encourages discussion about more than just the weather, or check out Manchester's Sexhibition event, with speakers and workshops. 21-23 August, sexhibitionexpo.co.uk

### Swapping Om for O.M.

TurnON Britain (turnonbritain.co.uk) teaches Orgasm Meditation (totally a thing), which focuses on the pleasure you *both* get from him stroking your clitoris. The goal is connection and appreciating the moment. "Orgasms will be talked about the same way yoga is," predicts instructor Marc Quinn, who suggests a game of guess the fantasy. Think of a desire, then get him to ask why you want it, followed by why you *don't*. Then swap. This exercise lets you acknowledge both sides of your desire,



Body heat can save your life, you know

tapping into that uncertainty, as well as the excitement of the unknown."

### That thing you do with your tongue, Jon Snow...

Just as *Twilight* inspired EL James, *Game Of Thrones* will be the next big erotica hook, suspects Emily Dubberley, founder of free story site cliterati.co.uk and author of *Garden Of Desires*. "Popular media has a more noticeable influence on female fantasies than porn." Beat commute boredom with the new After Dark app,

a free curated library of literary sauce.

## UPCOMING KIT

### Lights, camera, hot action

"With advanced technology, there'll be a growth in toys that let people capture intimate moments on screen," says Lovehoney's Alice Little. Start with the innovative Svakom Siime (£119.99, lovehoney.co.uk), a vibrator with a camera on the end. You can even send clips via FaceTime.

### Sex toy hacking

Translation: messing around with tech to make sex toys

do exactly what you want. "Orgasmatronics.com already uses the principles of applied physics to enhance existing toy technologies," says Alix Fox, Durex sex expert. "Its new Master Beta Kit, £45, teaches you to reprogramme how a vibrator works." Your kit comes with a bullet that connects to your computer. Downloadable codes let you play with vibration patterns to personalise.

## PLAYING IT SAFE

### Next-gen johnnies

Australia's University of Wollongong is working on a hotly anticipated new condom that feels just like skin. It's made with latex alternatives called hydrogels. In the meantime, roll on Durex's RealFeel £16.99 for 14 at boots.com

### STI checks will sit next to manis in our diaries

"Places like London's Dean Street Express, a walk-in sexual-health clinic that looks more like a bar than a surgery, will pop up around the country encouraging us to take our health more seriously," says Rebecca.

### For the girls

Hands up if you've used a femidom. Exactly. US design firm IXü plans to change that by developing a variety with VAT (value-adding tech) to improve our experience – imagine vibrating features. We're sold. Due within two years.

**I  
AM  
NOT  
TYPICAL**

*Juicy Couture*



# SELFIE ADDICT?

Don't worry, they're good for you – science says so

**T**oday, the average 16-25-year-old woman spends five hours a week taking selfies (including re-doing make-up and getting the lighting and angle right), says a survey. But this doesn't make us a generation of narcissists. "Social historians see selfies as part of a long tradition stretching back to self-portraits, as a means of exploring ourselves and experimenting with our identity," says art historian James Hall, author of *The Self-Portrait: A Cultural History*. "All that's changed is the technology." And psychologists are recognising that there's such a thing as the 'healthy' selfie. "They're part of modern life; it's how you use them that determines whether they have a positive or negative impact on your wellbeing," says psychologist Dr Jessamy Hibberd, co-author of *This Book Will Make You Confident*. Here are the selfies you *should* be taking – for the good of your health.

## 1 THE GYM SELFIE

'Shoe-lfies' of your muddy trainers and pics of your flushed post-run face are often less about showing off, more about motivating

yourself. "Exercise improves our body image, which is why we often feel inspired to post a selfie after a workout," says Dr Hibberd. "Plus, encouraging comments from others give us the motivation to continue on our healthy journey." We all know it's easier to stick to a workout regime in a group, but if you're going it alone, social media can function as a virtual support group.

## 2 THE PLAYFUL SELFIE

"Selfies offer us the chance to be more open, and show different sides to ourselves," says Dr Hibberd. When people respond well to seeing our funny/sporty/affectionate side, it can give us the confidence we need to explore that more.

## 3 THE SHARE-LFIE

It's called *social* media for a reason and selfies are an effective way to connect with people. "Life is busy and we're often physically separated from the people we love," says Dr Hibberd. "Cataloguing what we're up to and showing that we're happy keeps us connected to each other." Just make sure you're doing it for yourself and the people

you care about – rather than what strangers think. "When we obsess about people's reactions, or expect a certain response, we're using selfies as a form of self-validation, which isn't healthy."

## 4 THE WE-LFIE

"Selfies perform a useful social function in helping us bond," says health psychologist Dr Kelly McGonigal, author of *The Upside Of Stress*. "It's important to be interested in what your friends and family members are doing – this is how we form supportive relationships and establish our place in the world." Those pics can cheer us up when we're in a low mood and remind us that we're an integral part of a social group.

## 5 THE CELEBRATION SELFIE

Women are notoriously bad at celebrating achievements and giving ourselves credit for a job well done. "Celebratory selfies, like toasting a promotion, combat this tendency to play down our successes," says Dr Hibberd. "It's healthy to mark significant occasions and revel in success, and selfies help capture these moments." Just don't drop your iPhone into that Mojito...

## 5 SELFIE HABITS WE LOVE

**#Slurpface** Sucking a straw = killer cheekbones.

**#Smugface** We've just been to Barre, we're sipping a green juice and

channelling our inner Deliciously Ella – you expect us not to broadcast that?

**#Sameface** Like Victoria Beckham, we've found a pout

that works, so why mess with a winning formula?

**#Heyface** That 'non-selfie' taken by a friend who surprised us on the hotel balcony...

even though you can totes see our sleeve.

**#Demiface** Those obscure shots of our left eye look mysterious, no?

**I  
AM  
NOT  
ORDINARY**

*Juicy Couture*

# HOW CLEAN ARE YOU?

Why you need to wash your tea towel, like *now*

**B**e honest – how often do you change your sheets? (Because one in ten people do it less than once a month.) How about your kitchen sponge? That can harbour 200,000 times more bacteria than a toilet seat. Nice. “Being hygienic isn’t about creating a sterile environment, but targeting specific bacteria super-highways,” says Professor Sally Bloomfield from the London School of Hygiene & Tropical Medicine. Here’s how often the experts recommend you clean these bacteria hang-outs.

## Your tea towel

In a recent study, 89% of the tea towels tested had traces of bacteria that cause food poisoning and diarrhoea. “The problem is that people often use their tea towel for hands too, so clean hands get contaminated,” says Dr Lisa Ackerley at thehygienedoctor.co.uk. “Have separate towels and wash both at least once a week, at 60°C.”

## The dish scourer

“Anything that collects food and stays moist will breed bacteria, which you transfer to the next thing you scrub,” says Dr Ackerley. “Always rinse food off the sponge – and once a week, stick it in the dishwasher, or boil it in a pot of water.”

## A kitchen cloth

“Simply put, germs are sticky – they’ll survive a rinse of the cloth,” warns Professor Bloomfield. “If you wipe up raw meat juice, that cloth will smear potentially harmful pathogens like E.coli all over your kitchen. Wash it at 60°C with a bleach-based detergent and dry thoroughly.”

## The fridge

Apart from obvious spills, how often should you clean the interior? “Two to four times a year,” says cleaning guru Jolie Kerr. “Use equal parts white vinegar and water – the vinegar is non-toxic, so it’s safe around food, but has antibacterial and odour-eliminating properties.”



Well, she’d dressed for a night on the tiles...

## Germ alert!

● “Handles are one of the main ways pathogens spread,” says Professor Bloomfield. When wiping kitchen surfaces with an antibacterial spray, include them, too.

● “Replace a wooden spoon if it’s cracked: food gets jammed inside, the wood retains moisture, and bacteria thrives,” says Dr Ackerley.

● Did you know public lice can live on a towel for up to three days? Crabs aside, wash bathroom towels at least once a week.

## Your bed linen

“Wash it once a week, fortnightly if you shower before bed,” says Dr Ackerley. “You’re sweating and shedding skin, which dust mites feast on. The mites are harmless, but their faeces contain allergens that can trigger itching eyes, a blocked nose and asthma.” And *not* making your bed is a good thing. “Fold the bedding back and air the bed. Dust mites like to be warm and cosy.”

## Your pillows

“After two years, 10% of your pillow’s weight is dust mites and droppings,” says Dr Ackerley. “Most pillows can go in the washing machine (check the label). I’d advise every three months.”

## And don’t forget your tech

One in five people never clean their computer mouse. Kerr recommends isopropyl alcohol (IPA) wipes for tech that can’t get wet. “To clean a keyboard, use a can of compressed air to blow out whatever’s lurking between the keys first,” she says. It’s worth the effort – the average keyboard has approximately 3,000 bacterial organisms per square inch. Grim.

# I AM JUICY COUTURE

THE NEW FRAGRANCE



**Juicy Couture**

#iamjuicycouture

# CAN YOUR PHONE RUN YOUR LIFE?

One writer spent 24 hours at the mercy of her mobile to find out



Warning: Channing Tatum screensavers may cause brain freeze

Little everyday decisions taking up all of your time? Luckily, a new generation of 'recommendation engine apps' led by complex algorithms promises to take away the strain. "They use a self-learning process to personalise their content," says Jess Stephens, chief marketing officer at tech company SmartFocus. But, how well *can* they know us? Writer Natalie Blenford handed her life over to them for a day to see for herself.

## WHAT TO EAT

"I wake up starving, and let Dinner Spinner on Allrecipes choose breakfast. It asks what I've got in, then gives ideas. I go for Queenie's Killer Tomato Bagel

Sandwich. It's tasty, but following a recipe is hard work at 7.30am. Later, I use Nara to find a restaurant. It suggests a Lebanese I love, but had forgotten about." *Dinner Spinner & Nara, both free on iOS and Android*

## HOW TO EXERCISE

"I'm cardio-phobic, but FitStar promises to tailor a workout to me. I take a 'fit test', then the app ranks me: Level Two for arms, Level Three for my back. I don't know what it means, but the Chest & Core and Legs & Back workouts leave me surprisingly energised." *FitStar, free on iOS*

## WHAT TO WEAR

"StyleIt uses weather data, plus pictures of my clothes,

to create outfits for me. I have a meeting, so I tell it I want to wear my bubble skirt and look 'semi-formal', and it suggests ten outfits – some too adventurous. With more time to photograph my wardrobe, I can see it working as a sort of digital stylist." *StyleIt, free on iOS*

## WHAT TO HEAR

"I'm in a music rut, so I'm excited to try Spotify Radio. It scans songs I've listened to, then makes suggestions I might like. The first station chosen is '80s, with *Let's Get Physical* (cringe), but it gets cooler with Alabama Shakes and The Lumineers. I give each song a thumbs up or down to help improve future picks. It's a change

from my playlists." *Spotify, free on iOS and Android*

## WHERE TO GO

"Wanting something fun to do after dinner, I try the SoBu app, which syncs with my Facebook profile. I tick 'pop-ups', 'after-hours', 'dance' and 'high-end', hoping for a range of things, but it only suggests clubbing. It's not quite what I'm after, so I try Yplan. It suggests 'Speed Duetting + A Free Cocktail' at nearby Lucky Voice. I'm sold!" *SoBu, free on iOS; Yplan, free on iOS and Android*

## SO, DOES IT WORK?

"Letting algorithms run your life takes the pressure off, but all the questioning is exhausting. On the upside, it's never a bad thing to be teased out of your comfort zone. Handing over the reins entirely to apps might be a step too far, but when decision fatigue sets in, they offer great lifespots."

## 4 MORE GAME-CHANGING APPS

- **Jawbone UP** Monitors your sleep, food and exercise, and guides you to healthier choices. *iOS and Android, free*
- **SworKit Lite** Creates custom workouts that promise to get you fit in five minutes. *iOS and Android, free*
- **The Vane** Uses real-time weather info to help you plan outfits. *iOS, free*
- **GLP** Uses your location to suggest places for coffee, drinks or dinner. *iOS, free*

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# WHAT FOOD EXPERTS EAT

Nutrition gurus share their go-to fridge staples

## DURIAN

By Dr Gaye, food futurologist and founder of Dr Gaye Super-Shake

"This 'King of Fruits' is an all-time fave. Some people hate the stench, which is pretty pungent, but the taste makes it worthwhile for me. The flesh is pale yellow, very creamy and high in good fats, vitamin C, potassium and the anti-ageing amino acid tryptophan (which also apparently causes some people to have euphoric experiences if they eat too much!). I pick mine up in China Town, but they're stocked in Thai supermarkets too."

## COLD BREW GINGER TEA

By Madeleine Shaw, celebrity nutritionist and author of *Get The Glow*

"Ginger is a brilliant detoxifier – it improves digestion and speeds up the movement of food through the intestines. I don't always want to drink it hot. Instead, I put half a lemon (finely sliced), 1tsp honey, ½tsp turmeric, ½tsp cinnamon and a pinch of cayenne pepper in a Mason jar, add three ginger teabags and fill up with filtered water. Shake, store in the fridge overnight, then strain and drink first thing for a tasty, cleansing tonic."

## CHOC-AVOCADO FUDGE

By Christian Coates, founder of Soulmatefood

"I like to have healthy, sweet treats to pick at and this is one of my favourites to keep in the fridge as it tastes so indulgent. Blend avocado and banana in a bowl, then add to ½tsp of baking powder dissolved in 15ml water. Then I mix that with coconut sugar, cacao powder and an egg, pipe onto baking parchment and bake for about ten minutes in the oven. Cool, cut into chunks and store in a container in the fridge. It's amazing!"

## MATCHA POWDER

By Natasha Corrett, founder of Honestly Healthy ([honestlyhealthyfood.com](http://honestlyhealthyfood.com))

"This tea has replaced my coffee fix in the morning – I get hours of energy without the jitters. It has up to 15 times more body-boosting antioxidants than normal green tea, and Buddhist monks drink it when meditating to increase alertness and concentration. I keep my Teapigs matcha in the fridge so it doesn't oxidise, and stays fresh and nutrient-rich for longer."

## FRESH COCONUTS

By Libby Limon, Frame nutritionist ([libbylimon.com](http://libbylimon.com))

"Coconut flesh is high in medium chain triglycerides (healthy fats), which can boost athletic performance and metabolism. They also contain fibre to

aid digestion and the fresh, unpasteurised coconut water inside is nature's best source of electrolytes to rehydrate the body. Use it in salads, curries, desserts or smoothies. I buy Cocoface coconuts at [cocoface.com](http://cocoface.com)."

## MACKEREL

By Dale Pinnock, author of *The Medicinal Chef: Healthy Every Day* ([dalepinnock.com](http://dalepinnock.com))

"The Omega-3 fats in mackerel are a game-changer: introducing more into your diet gives a massive boost to multiple body systems, including brain function and circulation. One of my staple dinners is a roasted mackerel with green beans, asparagus, spinach and my homemade Hollandaise. Just whizz up lemon juice and an egg yolk in a blender, then add a little hot melted butter as you go – a good-for-you creamy condiment in seconds!"

## BEETROOT

By Kara Rosen, founder of Plenish ([plenishcleanse.com](http://plenishcleanse.com))

"Great for adding silkiness to smoothies and a rich density to sweet or savoury bakes. It's a nutrition powerhouse, delivering heart-healthy antioxidants, folic acid and potent detoxifying properties. I love beetroot most for juicing – throwing it in the juicer with carrots, pomegranate juice and a little lime and ginger for an intense glassful best sipped slowly."



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# TIRED? DON'T DO THIS

OK, so you know not to drive and, er, operate heavy machinery – but beware of these other surprising danger areas, too

**T**iredness has a dark side: average four hours' sleep for four nights and you're basically rocking up to work drunk, in terms of brain function. "There's increased appetite, overactive emotions, and your memory goes downhill," says neurologist Martin Coath, who advises treating your tired self like a child. That means no big decisions, or any of the following...

## SHOP

Surround a tired person with clothes, and the race to the till is like a game of Quidditch. A Swedish study on shopping habits found that tiredness made people less capable of using self-control to avoid impulse buys. And, if you thought food shopping when hungry was dangerous, tiredness turns Tesco into an all-you-can-eat buffet. Sleep-deprived research subjects bought 18% more food than they did after a good sleep.

## GO ON TINDER

Sleepy swiping could be the new drunk dialling, because research says we tend to pass up desirable options for what's convenient. After a long day, you skip the A-list concert two hours away for a local gig. In dating, you're more likely to pick the comfy nearby option. Tiredness also cranks up date nerves. A study by UC Berkeley found that sleep deprivation fired up the amygdala and insular cortex – your brain's emotion processors – in the same way as an anxiety disorder.

## DOWN AN ENERGY DRINK

They're marketed as liquid life support for the frazzled, but Dr Amelia Lake, health lecturer at Durham University, says steer clear. "The difference between a coffee and an energy drink



is the large amounts of sugar." Fine for athletes, but *your* body isn't burning it off. Loughborough University found that 50 minutes after an energy drink, people had more concentration lapses than those who had a no-sugar, no-caffeine drink. Stick to water, green juice (full of B vitamins) or green tea (less caffeinated than coffee).

## E-STALK YOUR EX

A bad idea anyway – add tiredness and you're likely to do it more often (we spend an extra 8.4 minutes pottering aimlessly online for every hour of lost sleep the night before), with stronger reactions. "The major effect of tiredness is that we're more sensitive," says Dr Coath. Research in *Current Biology* found that our emotions are 60% more irrational when we're tired. Shut down Twitter.

## SKIP A WORKOUT

PTs aren't buying the "I'm tired" excuse. "If you're physically well, just

groggy, movement invigorates you. Even light exercise activates muscle enzymes that help clear fat and glucose from your bloodstream, as well as staving off anxiety," says clinical exercise physiologist Dr Bill Sukala. But do rest if you're unwell or physically worn out. "Overtraining is common. With the popularity of high-intensity workouts, people think that if a little is good, more must be better. But muscles grow between workouts; skimping on recovery can affect sleep, appetite and mood."

## BRAG ABOUT IT

Former US politician Professor Anne-Marie Slaughter calls it the work culture of 'time macho' – that "relentless competition to work harder, stay later, pull more all-nighters". But it's not worth it: research proves that of all the factors likely to cause career burnout, getting less than six hours' sleep a night is the biggest. Early nights all round, then.

## HOW I GOT HERE



## Georgia Hall

That recent Café Rouge makeover? All down to Georgia, who is the global brand and marketing director for Casual Dining Group. She has previously worked for Yo! Sushi and Chelsea Football Club



I started out thinking I wanted to be a fashion designer and created some pretty wild collections at uni, including a pop-art one based on *Barbarella*. After my final show, I was headhunted by a style-prediction house in New York.

LCF introduced me to the advertising agency TBWA, who offered me a job on their Grolsch lager account. I ate, slept and breathed the brand, making sure it was championed by celebrities and seen in all the right restaurants and bars.

I left Tower Records to have my first baby, setting up my own company, Zinc, after six weeks' maternity. I helped launch the websites for Tesco, Microsoft and Vodafone and, by 2002, Zinc was among the top five digital-advertising agencies in the UK. I sold the business to my partner, Havas Advertising, and took three years out to have two more children.

I sold my shares in Yo! Sushi to go freelance, consulting for companies such as Rocco Chocolates and The Arts Club, before working full-time as head of brand for Chelsea Football Club between 2010 and 2012. Chelsea was a great gig, but it was already such a slickly run operation, I knew I couldn't make my mark.

## EDUCATION

1981-1984

BA (Hons)  
Fashion Design,  
Newcastle University

1986-1987

HND Distinction PR and  
Journalism, London  
College of Fashion

## CAREER EXPERIENCE

1988-1990

Account manager,  
TBWA Advertising

1990-1993

Global marketing  
director, Tower Records

1994-2002

Founder and managing  
director of Zinc  
Advertising

2005-2008

Head of advertising,  
Yo! Sushi

2008-2014

Freelance marketing  
consultant

2014-present

Global brand and  
marketing director,  
Café Rouge

I spent two years in New York as a designer, before deciding that the fashion industry wasn't for me. I returned home and enrolled at LCF, where I learned about creative marketing and how to turn a business into a commercial success. It felt like I'd finally found what I wanted to do.

While at TBWA I was approached by Tower Records, then the world's biggest music retailer, to be their marketing director.



I only earned £9K a year, but it was the best job I've ever had. My biggest success was persuading Michael Jackson to perform live in-store at midnight.

I wanted another challenge, and JWT Advertising offered me a job. On my first day I had a meeting with the then CEO of Yo! Sushi. He called the next day to say he didn't want to work with JWT... he wanted to work with *me*! As head of advertising at Yo! Sushi, I helped increase the brand's value from £2 million to £52 million.

My old finance director from Yo! Sushi introduced me to James Spragg of Casual Dining Group, who offered me the job of rebranding Café Rouge. It's exactly the challenge I was looking for.



## GEORGIA'S LIFE LESSONS

**1 Don't be afraid to get your hands dirty** The first thing I did at Yo! Sushi was get to know the brand from the bottom up by working in the kitchens for two weeks.

**2 Cut down on emails** Face-to-face or phone conversations are better ways of communicating. Remember the importance of listening, too.

**3 Don't get caught up in office politics** Make being great at the job your only focus.



# COMPROMISE IS NOT MY STYLE

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“Do you  
come  
here  
often?”

---

Wonder how  
much sex  
everyone else  
is *really*  
having?

Spoiler: it's  
probably not  
as much as  
you think, says

**Rachel Hills**

## “We have sex around once a month”

**Portia, 26, in a relationship**

“My girlfriend and I are very focused on our law careers. When we started dating, we had sex every time we saw each other: two or three times a day. Actually, it was hard to quantify how many ‘times’ we had sex, as we’d just lie in bed for hours. Three years on, we’re still very much in love, but it often feels like our time is not our own. We have sex around once a month, sometimes once a fortnight. I guess now it’s not a day-to-day priority.”

When I was in my twenties, I went to lots of parties and worked my butt off to earn a couple of dream jobs. I had a succession of life-affirming friendships, and flirted with devastatingly handsome men. One thing I didn’t do, however, was have a lot of sex. It wasn’t that I didn’t want sex, or couldn’t find someone to do it with – the opportunity just didn’t come around that often. At least, not in the way I wanted it to: with someone I liked and whom I could trust not to be a douche about it the following week.

It’s a far cry from the Tinder fantasy of self-assured single women filling their plates at an all-you-can-eat sexual buffet, but stories like mine are more common than you might think. According to the 2013 National Survey of Sexual Attitudes And Lifestyles, one in five 25-44 year olds haven’t had sex in the past month; among those between 16 and 24, the number hovers around 40%.

“If you’re not in a relationship, it’s expected that you’ll be hooking up with people,” says Sarah, 25 – one of more than 200 men and women I spoke to about their sex lives for my new book, *The Sex Myth*. “I’m single and haven’t had sex for three years, but I don’t have to be constantly on the search.” Then there are the sex surveys done to promote a product or service (read: not exactly scientific), which “massively overestimate how often people are having sex”, says social psychologist Petra Boynton.

It’s no surprise, then, that many of us feel like we’re falling short when it comes to our sex lives – wondering if we’re sexy enough, *sexual* enough, or if our relationships are up to scratch. And it’s the gap between expectation and reality that I’ve come to call ‘The Sex Myth’.

But what’s really ‘normal’ when it comes to sex? And does more sex equal a happier relationship? I sat down with 13 women for some no-holds-barred #realtalk. Here’s what they had to say...

“I’m single and haven’t had sex for three years, but I don’t have to be constantly on the search for it”

## “Sleeping with lots of people feels liberating”

**Kate, 27, single**

“I came out of a seven-year relationship last year, so the last time I was single, I was 19. I feel like before I find my ‘forever’ person, I should sleep with a bunch of people, and it feels liberating. I’m seeing a couple of people casually, as I wanted to see what it would be like to just think of men sexually, rather than emotionally. I meet the guys I sleep with on Tinder, Twitter, or through friends. I have sex once a fortnight, and I’m happy with that.”

## “Wanting sex again is new”

**Harriet, 23, in a relationship**

“I’ve been with my boyfriend for ten months, and we have sex about three times a week. I’m a survivor of sexual violence, and my previous relationship didn’t have a lot of sex, as I was still processing what had happened to me. Both times I was raped were in the context of a relationship – the idea that it only happens with a stranger in a dark alley is bollocks. It meant I had a very low sex drive for a long time, so wanting sex again is really new for me.”

## “We’re relaxed about it”

**Olivia, 25, married**

“My husband and I have sex about twice a week, if we feel like it, or if time allows, but there’s no pressure. When we met, six years ago, we’d be at it five times a week, but things have calmed down. A good sex life should be pleasurable, open and fun.” ►

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## "I'm not having sex"

**Nicki, 30, single**

"The last time I had sex was on Valentine's Day – a friend was visiting from Spain, and we hooked up. Before that, I hadn't had sex for two years. It felt like a record and upset me – everyone wants to feel desired. When my friend told me he was coming to stay, I was like, 'This is my chance!' In a relationship, I like to have sex most days, so I'd have to be sleeping around a lot to have as much as I wanted and be single. So right now, I just don't do it at all."

## "We don't have sex in the traditional sense"

**Bryony, 38, in a relationship**

"How often I have sex depends on what you mean by 'sex'. My boyfriend has motor neurone disease, which means we have to work around things. Penetrative

sex is quite awkward, as he's paralysed from the waist down. He can feel everything and his penis works, but he can't move, so we've only tried it a few times. Instead, we have lots of oral sex, masturbation, cuddling and kissing – we do that every time we see each other, which is about once a week. It's more holistic than anything I've experienced with anyone else."

## "I've never had sex"

**Lucy, 28, single**

"There's never been an opportunity for me to have sex. People say I'm missing out on a big part of the human experience, but I don't see it that way. Sometimes, I feel weird about it, but I can't figure out if that's coming from me, or because society makes me feel that way. Just look at Shoshanna on *Girls* in Season 1 – it was the biggest deal EVER that she was a virgin, yet she was only 22. I feel not having sex should be recognised as normal."

## "Once every couple of months"

**Martha, 26, in a relationship**

"My partner and I have sex when we see each other, but we're long distance, so that isn't as often as we like. We've been together a year, and seen each other six times in that period. I had this naive assumption that since we were apart so much, we'd have sex every day when we did visit each other, but that would be exhausting. When we do have sex, it's quite intense. It's not a cursory thing – it can last up to two hours – and you can't expect to have two-hour sex sessions every day."



## "We make the effort even if we're too tired"

**Jessica, 33, married**

"We have a two-year-old, and both work full time. Some weeks, we'll have sex five times; others, not at all."

There's no other way around it, except putting in the effort to initiate it when we're too tired to move. It's necessary to feel close to each other, so there's definitely 'taking one for the team' from time to time. Like, if I'm super-tired but my husband is horny, I'll jokingly say, 'OK, we can do it, but I'm just going to lie here.' He'll say similar things, too." ►

## “Once or twice a year”

**Liz, 29, single**

“It sounds depressing, but I have sex once or twice a year. It’s not even necessarily someone I’d date – more often a friend or drunken hook-up. It just happens, then never happens again. I’d like more sex, but what I’d like more is a relationship. I’m looking for something meaningful.”

## “We’re always saying we should have more sex”

**Phoebe, 32, married**

“My wife and I have sex about once a week, on average. We’re always saying we should have more but I also don’t think either of us is dissatisfied, because we still prefer to watch TV most nights. We don’t turn each other down, though. And we’re usually holding hands on the sofa anyway, so there’s still that sense of intimacy.”

## “Three to four times a week”

**Bridget, 33, in a relationship**

“Three to four times a week. That’s the compromise. If it were up to him, it would be every day; and lately, if it were up to me, it’d be once or twice a week. He’ll show interest by coming up behind me when I’m in the kitchen and pressing himself against me or, in the morning, make it clear he has an erection. He’s showing he’s attracted to me, so I’m not going to complain. I’ve dated guys who weren’t that interested, and they didn’t work out.”

## “I love not having to rely on one person’s libido”

**Alex, 26, in relationships**

“I’m non-monogamous with two long-term partners, both men, and I sleep with others casually. On average, I have sex a couple of times a week. I might see both my partners and meet other guys all in one week, or there might be a week where everyone is busy, or we get together and no one wants sex. Not having to rely on one person’s libido is great. If I go longer than a month without sex, I can revive my OKCupid profile to pick someone up – although there is more to my relationships than just sex.”

# THE BIG BANG BLUEPRINT

What is normal now?

“So, you’ve told us how often all these people have sex,” I hear you protest. “But how am I supposed to know if I’m having enough?”

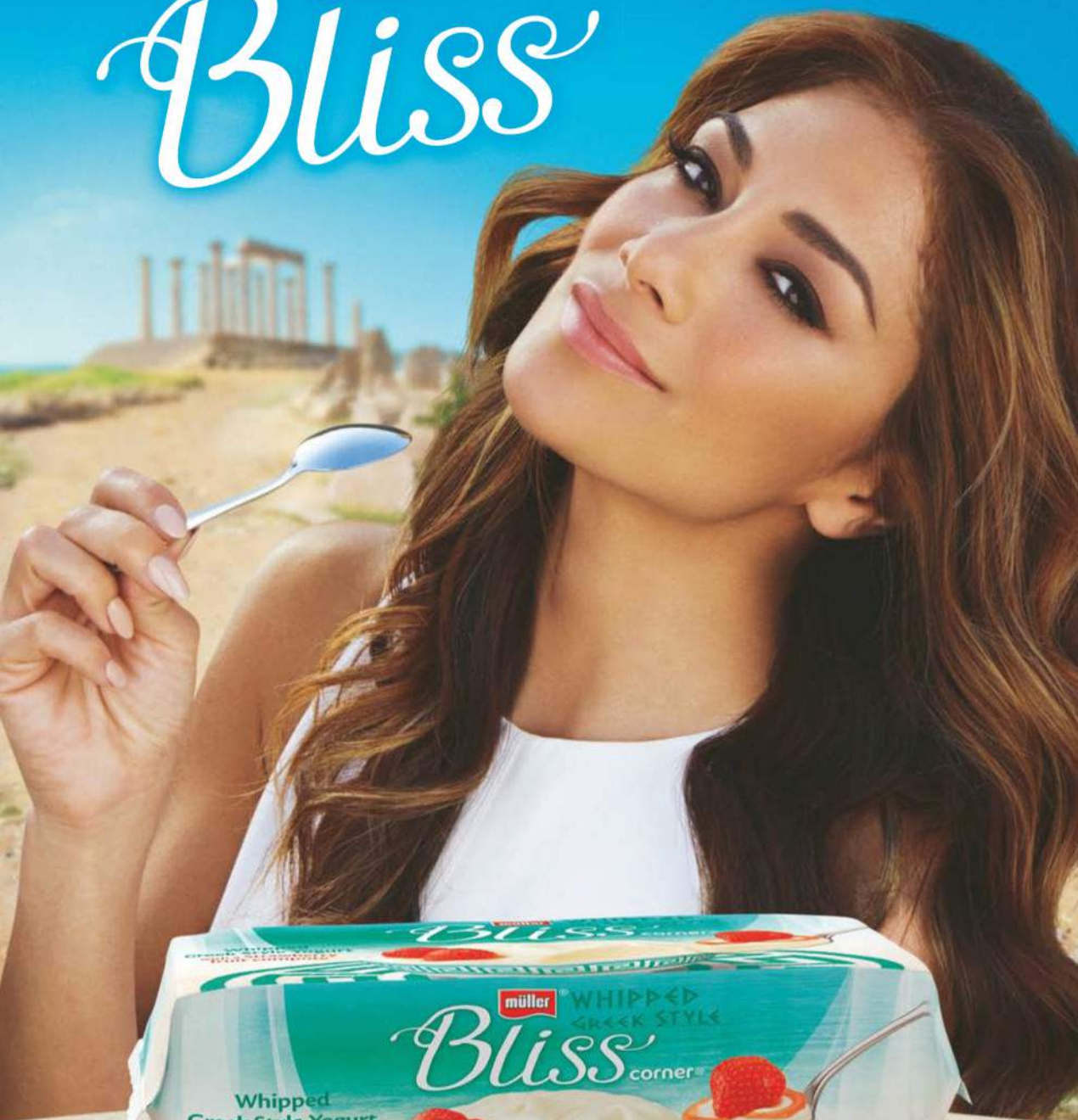
You’re right – and that’s intentional. There’s a reason these stories are different, and that’s because there’s enormous variation in the way we experience sex. That doesn’t just go for how often we do it, but what we do, and how we feel about it. Swinging singles and couples who have sex three times a week exist, sure, but they’re not nearly as common as you think.

See, here’s the thing: there’s no set formula for a happy sex life. Having lots of sex doesn’t necessarily mean your relationship is perfect, just like a dry spell doesn’t mean you’ve lost your mojo. “There are so many ways to measure how well a relationship is working,” says Dr Boynton, “from how well you get on and how attractive you find each other, to how you communicate and what things you do to enjoy your time together.”

And the best news of all is that we have the power to change the stories we hear about sex, and that means more #realtalk. Who’s in? ☺

Rachel’s book *The Sex Myth: The Gap Between Our Fantasies And Reality* is out on August 13

*So creamy  
it's sheer*  
**Bliss**





A fashion advertisement for River Island. A model with long, wavy blonde hair and blue eyes is the central figure. She is wearing a brown ribbed long-sleeved top, a voluminous fur vest with a mix of brown, tan, and black tones, and a short skirt with bold vertical stripes in red, white, and black. She is holding a brown leather handbag. The background is a solid dark grey. The brand name 'RIVER ISLAND' is printed in large white capital letters across the middle of the image.

# RIVER ISLAND

#IMWEARINGRI   

# "Why I risked the deadliest of journeys"

She knew thousands drowned trying to flee war-torn Libya. Yet Ivie, 25, took her young son on an overcrowded voyage across the sea. Here, she tells **Julie McCaffrey** her harrowing story

**W**hen the boat lurched violently and threatened to capsize, I was too scared and exhausted to scream. In my mind, one word repeated: please. Please

do not let me die like this. Please, after coming so far and risking so much, let me reach safety. I am so close – please, God, help me.

I had been on board for 15 hours on a journey they said would take five.

The single-deck wooden boat had no roof, which gave no protection from the sea and left me open to the elements. My skin had a film of water spray, my hair dripped, my lips stung with salt and the relentless icy wind cut to my bones.

In front of me, all I could see were the backs of other passengers' drenched heads. The boat was so overcrowded, we were crammed together, sitting on benches between each other's legs. But my thoughts troubled me more than any physical discomfort. Would my four-year-old son, Chisom, and I drown in this sea, like so many others before us? After five years of trying and failing

to find peace for my family, would it all end here – right now, under the waves?

To keep my mind still, I tried counting the people on board. Before I got halfway, I had counted 500, yet the boat was strangely quiet. I didn't speak much, even to the man and woman squashed up beside me. My fears clogged my mind and left no room to hear anyone else's.

Chisom sat on my lap the whole way and I tried to reassure him. "Everything will be OK, my boy. Soon we will be safe. Soon." Giving him the chance

of a better life was the reason I was on that boat. But during the journey he was the one comforting me. Each time he squeezed my hand, he silently reminded me why we were being thrown around on this merciless sea.

His little sister inside my belly kicked so much I knew she was scared, too. I was nine months pregnant and, that morning, as

I ran along the shore in my frantic attempt to board the boat I saw leaving, I fell straight onto my swollen front. I worried that trying to escape the land of violence had harmed the baby I was trying to protect. But I got up and kept running, because no doctor would ever treat me in Libya. I didn't know where the boat was going, but had to have ►

**"Sailing far away was my baby's only chance of medical care, of life"**





Pictured here with her daughter, Ivie finally has hope for the future



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A boat carrying hundreds of migrants is rescued by the Italian navy

◀ faith it was somewhere safe. Sailing far away was my baby's only chance of medical care, of life.

The journey was dangerous, but it was hopeless in Libya. Had we stayed, we would have been killed. At least there was a speck of hope with the voyage. Hope is a strong driving force when it's all you have.

When I first fled Nigeria to Libya, five years ago, I had nothing but hope that my husband, Joseph, and I would have a chance of living and working safely. On arrival, we thought it was the land of promise. We'd survived life in Nigeria, and survived leaving it. Both were deadly – but we had no choice.

My father was a politician, which made my family a target for armed opposition thugs. Before the election in December 2010, six men came to the house and kidnapped Papa. Seeing him roughed up and dragged away left me more distressed than I'd ever felt. Then the men came back and tried to pin me to the ground to rape me. I struggled free and screamed for my life.

Before the men ran off, they tried to burn down our house and threw liquid on my body. I saw the skin melting on my arm and realised it was acid. Three women rushed towards my cries for help and took me to hospital. Left with no family and no safe home in Nigeria, Joseph planned our escape to Libya.

It's not hard to find out who the people smugglers are, but it was extremely difficult to find their 6,000 Naira (£20) fee, more than a month's wages. We worked in a supermarket, which is where we'd met two years before, so saved what little money we had.

**T**hen, in February 2011, we fled in the night, concealed in the back of a dark, hot, fume-filled truck, which took a month to get from Lagos to Tripoli. I hid our money in my

socks. There were 15 of us in the back of the truck; only 13 arrived in Libya. Two teenage boys died on the journey because they didn't have enough food or water. It was heartbreaking to see them fail, then fade, then taken by fatigue and dehydration.

At first, Joseph and I worked as house helps for a rich family. Life was good: we had food, a bed and managed to save some money. We both had medical care and Chisom was born in a hospital. I felt happy and optimistic for the first time in my adult life.

But in 2013 fighting broke out, and it was so frightening and confusing. You could be grabbed by soldiers just for being in the street and the constant snap of gunfire was terrifying. I didn't know who was on the good or bad side – everyone was violent.

In September last year, the police came to the house and, with no explanation, took Joseph away in a van. Then they drove Chisom and me to a private house fortified with metal doors, shuttered windows and armed guards. No one said what we'd done, or where they were keeping Joseph – I have not seen or heard from him since.

Angry and terrified, I spent three months and one week in that prison. The guards told me I owed them US\$1,500 and, if I didn't pay, they'd say I was carrying cocaine. I begged them to be fair, at least for my son's sake and for my unborn baby.

I was one of 12 women held to ransom in tiny rooms until we handed over money or our families bought us out. It was futile keeping us there – none of us had a penny, and few had family. So, instead, they hurt us in every way possible.

Early on, I saw four guards rape a woman because she didn't have cash. They were so evil. They told me they would sell my baby if I didn't pay. They bound my arms, my legs, they stuffed my mouth with clothes. One even poured gin on my head, then ▶

**"I was one of 12 women held to ransom. They hurt us in every way possible"**

◀ lit it and my scalp seared. I would have paid all I had to stop the attacks, but I had nothing.

The torture continued. One guard said he would kill me because I asked if I could please use the phone to try to call Joseph or friends in Nigeria. He snatched Chisom, and locked him in the boot of a car for five minutes. Hearing my son screaming: "Mama! Help me!" was the purest hell. Hearing his screams quieten then stop was even worse.

The feeling of rage against my captors, against the injustice of life, left me a sobbing heap on the floor begging, "Take me but not my son!" The guard took Chisom out and shoved him back in my cell. But he said if I didn't come up with money soon he'd kill me and sell my boy. I promised I'd get cash as soon as I could. As a daily reminder to pay, he used electric shock rods all over my body.

When that guard fell ill with severe diarrhoea, he never came back. His family came to the prison and wanted money, but when I told them I had none, they let me go. Chisom and I were homeless, penniless and still in grave danger. But women are very strong and mothers will do anything, *anything*, to protect their children. I begged in the streets for money towards the boat fare to Europe. But pleading for money is pointless when everyone else has none too.

Then, at 4am on January 9 this year, I was at the shore begging when I saw a boat leaving – so I ran, as fast as I could, holding Chisom's hand. I waded out with him on my back and the passengers made room for us.

A man next to me on the boat whispered we were bound for Italy. In Libya, people talk about crossing the Mediterranean quietly but often. They speak of Italy as a place we can work and support our families. They said the waves on the crossing are ten-storeys high, but they weren't. Frightening tales are told to put people off getting on the boats, as many have died in the water. But out there on the black water under the night sky, I knew God had a clear view of me, and would decide if I lived or died.

I also knew my second child could be born any moment. My mind willed her to stay inside me. Life would be hard enough for her because I had no money. Nothing. No one had much water or food onboard, but I felt so sick from the constant sway, I was scared to eat or drink anyway. The bottom of

the boat was wet and sticky with vomit. It was not pleasant, but no one complained. No one dared.

When a powerful light beamed into our eyes, passengers panicked, jumped to their feet and started pushing each other. That's why the boat suddenly upturned. This time, though, fate was not cruel. The light belonged to Italian rescuers. Chisom was the first to be carried from the boat.

They gave us water and blankets on their warm boat that sailed smoothly and quickly, and the sight of lights on the shore of Sicily made me weep with relief. Ashore, my legs were weak from the motion of the sea, and from my pregnant belly, which now seemed heavier than ever. It was so wonderful to be on solid ground. Solid, safe ground.

People in bright jackets led us into a big building


and doctors checked us before we were taken to rest. Staff asked us to be patient, as there were 1,000 of us. I didn't hear anyone protest – no one had reason to. That night, Chisom and I slept wrapped around each other in our clean bunk bed.

My daughter, Nalani, was born five days later. She was welcomed into the world by doctors and showered with love from the other families here. Chisom is the darling of the centre. He smiles all day, waving at people he passes as he rides his tricycle along the corridors [pictured]. He is free. Kind donations of clothes, toys and shoes, and three meals a day, make him feel the luckiest boy in the world.

The people from Save The Children say I'll stay here until my papers are processed. I don't

know when that will be, but I have more comfort than I've had in years. They give me a phonecard every three days and I desperately call everyone I know to ask if they have news of Joseph and my parents. I have to accept maybe they are dead, and focus on looking after my children.

When I'm allowed to leave, I'll go straight to work in a supermarket and work extremely hard. That's all I've ever wanted to do. I don't want to be a burden. I just want to give my children food, shelter, education and a chance to reach their potential.

Now, whenever I cradle Nalani or hold Chisom's hand, I can say with confidence: "Everything will be OK. We are safe." 



**"Hearing my son scream, 'Mama! Help me!' was the purest hell"**

For more information on Save The Children's programmes, visit [savethechildren.org.uk](http://savethechildren.org.uk)



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# The 12 secrets of stylish women

**S**he's the Instagirl you'd most like to be. Only it would take more than an instant to be her. Yep, while we're beetling about in the back of our wardrobes for the right shoes to go with our new trousers, she's already at the party, looking as stylish and insouciant as always. How does she do that? What is it about the terminally chic that makes them so compelling? Here's the thing: they're not box-tickingly on-trend or draped in designer labels – their appeal is more nebulous than that. At the heart of their look beats a quiet confidence, and an ability to take ordinary pieces – not always expensive – and make them sing. Due to their unfailing ability to put disparate things together, they always appear to be more than just the sum of their parts.

Thanks to Instagram, we're bombarded with images of super-stylish women from dawn 'til dusk. The bad news? It takes more than a judiciously applied Mayfair filter to join their ranks. The good news? It *is* achievable – and here's how they do it.

How do effortlessly chic women look so, well, effortless? Fashion writer **Laura Craik** has nailed the magic formula

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## **I** They never buy into obvious trends

While some women lie in wait every season for that highly recognisable, heavily editorialised trophy purchase that screams “I’M BANG ON TREND”, the stylish wouldn’t dream of appearing so woefully unimaginative. No brazenly popular It bag for them, nor any item of clothing that has been worn by a Kardashian. No, not even Kendall.





JANE BIRKIN

## 2 **"Quality, not quantity" is their mantra**

That thing where we hit the sales and buy loads of tat because it's 30% off? They don't do that. Not because they're rich, and can afford full price. The truth is that they can afford full price because they buy less tat in the first place. We can all afford full price (albeit at Topshop) if we learn to sit on our hands instead of reaching for the credit card in a short-term bout of self-gratification. The stylish aren't stylish because they have bulging wardrobes of clothes to choose from. They're stylish precisely because they don't.

## 3 **They are obsessed with shirts**

To us, a shirt might be an item that reminds us of school, is prone to gaping, and is impossible to button to satisfaction (up to the top and you look Amish; down to the breastbone and you look louche). For the always-stylish, a shirt is pretty much the foundation of every look. They wear them on the beach (unbuttoned, nonchalant), they wear them in the boardroom (tucked into a pencil skirt) and they wear them to bed (an old one that covers their bottom, in the softest Pima cotton, and might belong to an ex-boyfriend whose name escapes them). White is their favourite, but this season, pale blue is a close second, followed closely by chambray.

## 4 **They're more into shoes than bags**

The truly stylish care far more about what's on their feet than what's dangling from their arm. When their shoes are right, the rest of their outfit takes care of itself. This is why, while their wardrobes tend to be ruthlessly edited, their shoe collection remains "out of hand". By day, they favour the functionality of flats (sneakers or skate shoes if their ►



JOAN SMALLS

◀ profession allows it; brogues or monk straps if work is more formal). By night, they really let rip, plucking from the shoe rack (or shoe room) all manner of improbably beautiful footwear with features that may include rivets, velvet bows, gold piping, studded heels, snakeprint accents, jewelled toes, and laces that snake right up the calf.



CAROLINE DE MAIGRET

## 5 They have a knack of finding new, un-hyped labels and making them their own

Of course, stylish women shop on the high street. Of course, they buy designer brands. But they also have this uncanny ability to discover the latest niche label – the one we'll find ourselves coveting six months later. "Oh, just this little label I found in downtown LA," they may shrug, when you compliment them on their perfect marl grey T-shirt. Whenever they go on holiday, they'll stumble on an artisan shoemaker. Even an innocent trip to Rye will uncover a hidden gem of a shop selling sustainably sourced embroidered piano shawls, which she'll throw over her white shirt and jeans, yet somehow avoid looking

"They can afford full price because they buy less tat in the first place"



FREJA BEHA ERICHSEN



EDIE CAMPBELL

batty. Next season, Liberty will stock those shawls, and Sienna Miller will be quoted as "dying for one".

## 6 They have a non-hairstyle hairstyle

Y'know how some women (not me, though. Never. Well, maybe just twice) run into the

hairdresser brandishing a photo of Alexa Chung? The super-stylish don't do that. The Pob, the Bob and the Lob are anathema to them, as is the notion you'd ever want your hair to look just like somebody else's. Their hairstyle doesn't have a name, because it isn't really a hairstyle. It's just their hair. They'd never use straighteners, because it would iron out all the character. The things most of us hate about our hair – grey roots, greasiness, random kinks – they embrace, simply tying it all back in a messy ponytail (which they can do blindfold in ten seconds) instead of fretting. Also: their hairstyle hasn't really changed since Year 12.

## 7 They aren't fickle

They don't so much fall in love with labels as with the designers behind them. They loved Phoebe Philo before Céline, and they'll love her after (if there ever is an after). They loved Jane Shepherdson at Topshop, and they love her still at Whistles. They know who's designing what, and keeping on top of fashion's machinations is their homework.

## 8 They never wear cheap jewellery

I'm sorry, but they don't. Nor do they often wear bold pieces. Even when the world was running around in statement necklaces, they



ALEXA CHUNG



EMMANUELLE ALT

demurred, on the basis that necklaces of this size would have had to be paste, and paste is something they'd never do. Chandelier earrings? No. Discreet diamond studs? Yes. Massive, clunking bangle that falls accidentally into your spaghetti? No. Spider-thin bracelet given by a lover? You get the picture. They are obsessed with diamonds. Again, not necessarily because they are rich. It's because they will save up, maybe for years, until they can have a piece they'll cherish.

“They have this uncanny ability to discover the latest niche label”

## 9 They have a navy jumper for every occasion

Fashion lore has it that the stylish are heavily into Bretons. This may once have been true. But if you Google 'Stylish + Breton' you will find 90403175050511 references. In short: Bretons have had too much attention. Consequently, the stylish will now only consent to wear them on a flight. Or maybe to walk the dog. Their default top-half covering of choice? The navy jumper. Not a black

jumper (too draining, too clichéd), but a navy one. This, they will own in several weights and wefts of cashmere, as well as several styles (round-neck, boat-neck, V-neck, tabard, cropped, sweatshirt). Evening do? They'll whip out a jewelled one with short sleeves. Wedding? They'll have their favourite one remade in cream. Yes, I know someone who actually did this.

**10 They're all about the skin** For evening, they will warmly embrace a slash of lipstick, but for the rest of the time, their face appears nakedly make-up free. It isn't, of course – it merely looks that way. Closer inspection will reveal a nude eyeshadow, a hair-thin slick of eyeliner and some expertly applied mascara that widens the eye without ever rendering it deliberately made-up. Healthy, glowing skin is the gold standard of beauty for them.

**11 Their underwear could best be described as 'functional'** Yes, they will wear a lacy, racy black bra when the occasion demands, provided said occasion is cocktail or black tie. For day-to-day life, however, they will have no truck with thongs (too much chafing), fancy lingerie sets (nobody sees them) or padded bras (big breasts ruin the line of their beloved shirts). Beneath the stylish woman's clothing sits a simple flesh-coloured bra (chosen because it never shows through their clothing, unlike white) and plain, utilitarian, somewhat boyish pants. No, not knickers. Pants.

**12 Their look changes less radically than ours** Yes, they get excited about a new season. But they don't consign all their favourite clothes to the charity bag the moment Tom Ford decrees them out of fashion. The truly chic know what suits them, and stick to it, tweaking the details rather than wholesale changing their look. No matter whether boho, babydolls or bell-bottoms are 'in', they'll body-surve the trends that don't suit them and cherry-pick the ones that do. As Coco Chanel so famously said: fashion fades – only style remains the same. 

Laura Craik is a fashion expert who has written for *The Guardian*, *London Evening Standard* and *The Times*



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# MAJOR MONEY CONFESSIONS

Nine women get honest about their secret splurges and biggest blunders.

By **Lauren Brown**

**W**e've all heard the advice: to get more confident about managing our money, we have to be comfortable *talking* about it. "If you can't bear to look at your own financial truth, you are stumbling through a money fog," says Juliana Park, a certified financial planner and author of *The Abundance Loop: 8 Steps To Manifest Your Divine Wealth*. She recommends we examine our own earning, spending and saving habits, and start talking honestly about them, listing our goals and owning up to financial fears and shortcomings. After all, an overwhelming 94% of women in one study confessed to having hidden a purchase, a bank statement or actual cash from their partner. So what would *you* reveal? GLAMOUR asked these women to share their secrets, and tell us what they've learned...

**"Time is more important than money"**

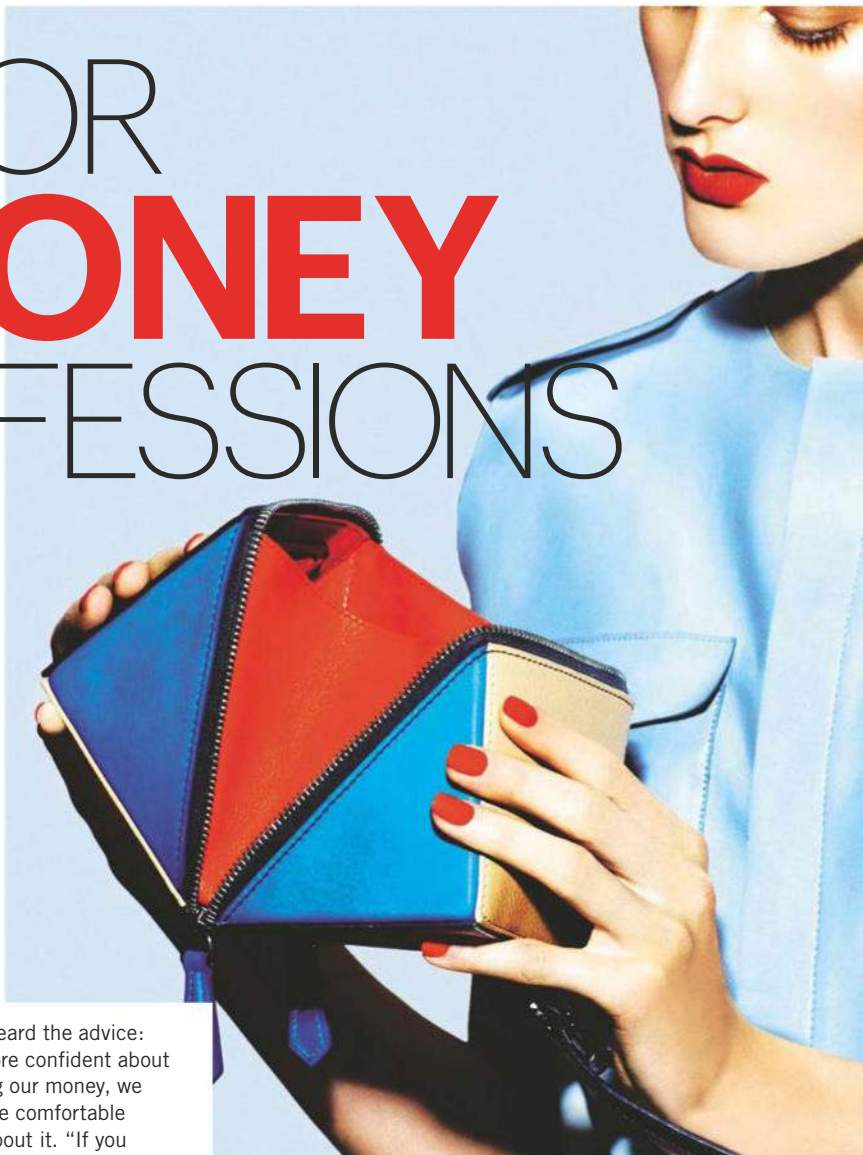
*Sheri, 40*

**When I lie about money** I don't always tell my husband when I buy something for myself.

**What I lust for that only money can buy**

A [German designer] Liebeskind bag.

**Salary I want to earn one day** When friends ask me, it's liberating to say that my priorities are different now I have children. I'd rather enjoy motherhood than focus on my career at the moment. It's OK to take a break from work and come back later.



## "I didn't keep track of what I was spending – and went a bit wild"

Katie, 30

**What I've learnt about money** That however much I earn, I seem to spend it at the same rate – and however careful I think I am, there's never anything left at the end of the month.

**My biggest money mistake** Getting a credit card at university and spending beyond my means in my early twenties.

I didn't keep track of what I was spending and went a bit wild! I'm definitely paying for it now, though.

**What my parents told me about money** Set up a pension as early as you can. I'm still looking into it, though, and haven't done anything about it; it just feels like it's not important yet.

## "No one knows how much I really earn"

Lisa, 35

**The biggest money secret I've kept is**

How much I've actually spent on handbags. I've added it up and it's about £7K! It makes me feel a bit sick.

**When it comes to money, me and my husband are** Complete opposites.

He's careful to a fault, and my motto is: what's the point in being the richest person in the graveyard?

**The biggest lie I've told about money is**

How much I earn. Comparing salaries can get awkward, so I usually downplay my income by £10-£15K. Even my mum and dad don't know the real figure.

## "I invested in a good night's sleep"

Laura, 27

**The most expensive thing I bought this month**

A queen-size mattress for £329. It's definitely the best thing I've purchased all year.

**What my parents told me about money** Pay your bills, but remember to experience your life. You can always make more money – that's the perk of being able to work.

**How I feel about dating someone richer or poorer than me**

Money isn't a factor. I work hard; so should my partner.

## "Whatever you earn never seems like enough"

Jenna, 31

**My biggest ever splurge was** A

roadtrip in California to San Diego, LA and San Francisco.

We did it on the cheap, but it still came in around £1,000. It was worth every penny.

**The biggest lie I've told about money**

'I've only got a few things on my credit card,' when it's closer to the max!

**The salary I want to earn** £50,000-plus

– although I imagine whatever you earn never seems enough.

## "Money worries keep me awake at night"

Kelly, 34

**The biggest money mistake I've ever made is** Thousands of pounds' worth of debt on credit cards. I hid it from my parents and ex-husband. I'm much more open with my current partner.

**My guilty pleasure is** Spending on clothes and make-up. My motto is, 'You only live once,' so I tend to buy now, worry later.

**When it comes to money** I'm useless! The fact I have no savings keeps me awake at night.

## "My dad caught me stealing"

Melissa, 36

**The most expensive thing I bought this month** A plane ticket

to Hawaii for my next holiday. It was £918.

**The most I've paid for shoes** I don't spend

a lot on heels, but I bought a pair of £110 pink and blue Nike Free 4.0 Flyknits. I feel like a fierce gazelle in them.

**When I lie about money** I was seven

and took some change off my dad's dresser to buy sweets. He found out and made me tell the shop owner I'd paid with stolen money. I've never lied about money again.

## "A dog ate my shoes!"

Jennifer, 37

**The most I've paid for shoes** Gucci heels for

£450. The next day, my mother's dog sniffed his way into my bedroom, and I arrived home to a trail of leather pieces.

**When I lie about money** When we're

doing well, so my husband won't spend more than he should; and when we aren't, so he doesn't worry.

**What my parents told me about money** To

educate myself and work hard so I don't have to depend on anyone. And that it's never too early to save for retirement. They were right!

## "I was conned by a psychic"

Emily, 37

**My biggest money mistake** I was 22, my career and love life weren't going well, and I was considering leaving town.

A cheap psychic told me I was "cursed" and needed an exorcism. It cost £200, and halfway through, she asked for £200 more! I was jolted out of my trance and left. But that day taught me to trust myself – I can influence my own destiny.

**When I lie about money** I used to say I made less

at my day job teaching than I really did. I felt bad telling other actors my real salary.

**How I feel about dating someone richer or poorer than me**

I have this archaic notion that men should pay for a first date.

# The Amy effect

She's the funniest person alive right now and *Trainwreck* is the comedy of the summer. Here's all you need to know about Ms Schumer

There's no way we could top the rip-roaring intro that Caitlin Moran gave about Amy Schumer at the exclusive GLAMOUR screening of *Trainwreck* last month, so here it is in full, along with Caitlin's guide to Amy's must-see sketches. Get YouTube open right now.

"You don't really need to introduce a woman who is a writer, actress, stand-up comedian, winner of the Peabody Award, with a million Twitter followers, and combined YouTube hits of 29 million. That isn't actually a real statistic, but it must be about that number. She's been called 'the biggest deal in comedy right now' by Tina Fey, which is about as close as you can get to being called the biggest deal in comedy by the Bible or science. Anybody who has seen her stuff knows that it's not just incredibly funny, it's necessary, beautiful and revolutionary, because what Amy Schumer is doing right now is actually important. Her stuff is like a hundred thousand years of patriarchal bullshit being definitively sorted out, one step at a time, as anyone who has seen her sketches on the *Last Fuckable Day*, birth control, Bill Cosby, rape in football, *Girl, You Don't Need Makeup* and, my favourite, *Milk Milk Lemonade*, (which actually might have ruined both booty hip-hop videos and anal sex forever, in one video) knows. This is the feminist dream. She has created 'fun-minism'. I'm copyrighting that."



Caitlin Moran has a fangirl moment at the GLAMOUR screening



By Helen Whitaker. Photographs: Matt Irwin, Getty Images, Matrix Pictures, Xposure Photos. YouTube stats correct at time of going to press

"I'M PROBABLY, LIKE, 160LBS RIGHT NOW AND I CAN CATCH A DICK WHENEVER I WANT."

"I say if I'm beautiful. I say if I'm strong. You will not determine my story — I will. I will speak and share and fuck and love, and I will never apologise to the frightened millions who resent that they never had it in them to do it. I am myself."

"My self-esteem is always up and down. I was thinking, 'I'm starring in a movie, maybe I'm, like, really pretty.' But then my stunt double was a guy."

"I MADE OUT WITH A HOMELESS GUY BY ACCIDENT. I HAD NO IDEA — HE WAS REALLY TAN, HE HAD NO SHOES ON. I JUST THOUGHT IT WAS, LIKE, HIS THANG. I WAS LIKE, 'HE'S PROBABLY IN A BAND.'"

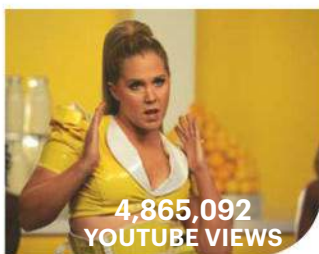
## Must-see Amy



**3,136,970**  
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### Last Fuckable Day

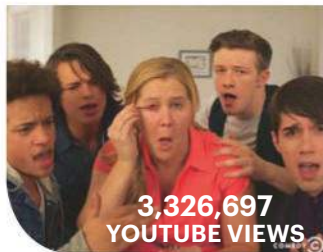
Amy stumbles on Tina Fey, Patricia Arquette and Julia Louis-Dreyfus celebrating Julia's last day of being deemed attractive by the media.



**4,865,092**  
YOUTUBE VIEWS

### Milk Milk Lemonade

Amy spoofs pop's obsession with booty in a rap video dedicated to the primary function of our bums. Amber Rose co-stars.



**3,326,697**  
YOUTUBE VIEWS

### Girl, You Don't Need Makeup

A 1D parody, where a band of boys next door sing to convince Amy she looks better without her war paint. Until she takes their advice...



**1,212,986**  
YOUTUBE VIEWS

### Celebrity Interview

She mimics talkshow appearances by young actresses by flirting and giggling her way through it — as her legs get shinier and shinier.



### Trainwreck

In a role based on her younger self, Amy plays a boozy, straight-talking commitment-phobe. So when she meets a sweet sports doctor (Bill Hader), she creates all sorts of hurdles in front of what could be a happy relationship. It's a refreshing take on the rom-com, with a bunch of well-observed characters (such as the settled sister, played by Brie Larson). And Tilda Swinton (pictured) is hilarious as Amy's magazine editor boss. Definitely a contender for comedy of the year. ★★★★★

## Amy in numbers

**1.6 million**

The number of viewers for Comedy Central's *Amy Schumer: Mostly Sex Stuff*. It was one of their highest-rated stand-up specials in 2012.

**4**

The position she came in the stand-up competition

*Last Comic Standing* in 2007 (she was the last female comic standing).

**1** THE NUMBER OF TIMES AMY HAS BEEN ARRESTED FOR SHOPLIFTING.

**3** The number of dates Amy is opening for Madonna's *Rebel Heart* tour in 2015.

**9** THE AWARDS *INSIDE AMY* SCHUMER HAS BEEN NOMINATED FOR.



The number of WWE wrestlers Amy has dated. In her stand-up she says she and Dolph Ziggler broke up because the 'sex was too athletic'.





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# Want to work in fashion?

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The style insiders who shape our wardrobes reveal what it takes to get to the top of your game in the industry

## The High Street Maven

**Kate Phelan, 52, has been creative director of Topshop since 2011 and, after a brief hiatus, has worked at UK Vogue, currently as senior contributing fashion editor, for over 20 years.**

I failed my A-Levels, so I decided to do a diploma at Somerset College of Arts and Technology. I went on to apply to Central St Martins in 1986 for a fashion degree with an option to do a communication and promotion route.

I'd always wanted to be a fashion writer on a newspaper. I did a placement at *The Mail On Sunday* in my third year, but after I'd finished, I realised I hadn't enjoyed it. The penny dropped when I walked through the door at *Vogue*. Back then, there was no education on how magazines were put together or what a stylist was – but as soon as I discovered it, I was in love.

I ended up quitting St Martins to become a fashion assistant at *Vogue*. It was a big leap, but I knew the breaks in our industry were few



and far between. It has been an incredible opportunity. If the job at Topshop hadn't come up, I'd still be happy being there full-time.

I liken my role to being a police helicopter. I'm always trying to get an overview of the whole look and feel of the business. It's easy to end up in a bubble, but it's my job to keep the doors open, whether it's thinking about our campaigns or the new designers we collaborate with.

**The way in?** First, you need to be honest with yourself. Are you prepared to work incredibly hard, and are you passionate? Keep your eyes open, look at what people are wearing and watching.

## The Fashion Blogger

**Susanna Lau, 31, is one of the industry's most successful bloggers. She is a front-row regular and has become known for championing emerging brands across the world on her multiple Style Bubble platforms.**

I started my blog around ten years ago, while working full-time in advertising. I didn't study fashion, and never thought of myself as someone who could work in the industry. The blog was a way to get involved, but I had no plans to change career.

I was lucky to be part of the 'first generation' of bloggers. The success of Style Bubble was a combination of timing – there weren't that many fashion blogs around in 2006 – and the fact that anything innovative from the internet started getting a lot of press coverage. It's much harder to make it as a blogger now.

A strong personal voice is non-negotiable. You have to carve out exactly what you're about and evaluate how it stands up against what is already out there.

My diary is based on the fashion calendar. I do the regular show season, but I also like to go to Tokyo twice a year.

**The way in?** I'm a massive advocate

of self-learning. These days you can teach yourself anything online. Everything is accessible – you just need the motivation to educate yourself. I taught myself to write in HTML aged 13.

**"You have to carve out exactly what you're about"**



## The Tastemaker

**Tabitha Simmons launched her eponymous footwear line in 2009, adding to her roles as contributing editor at US Vogue and stylist for brands including Dolce & Gabbana and Alexander McQueen.**

I got into the industry through modelling. It only lasted about two years, but during that time I discovered styling. I had already finished my degree in TV and set design at Kingston University when I got an internship at *Dazed & Confused* magazine.

You have to put the time in. You can't be all, 'Where's my eight-page story?' after two weeks of interning. It wasn't like I left college and became a fashion editor. After *Dazed*, I moved to New York to assist stylist Karl Templer and worked on so many different projects across advertising, shows and shoots.

I'm really organised, in terms of scheduling. From shoots to travel to having time with the clothes at Fashion Week, I make sure everything is diarised super-early in the season.

My role as a stylist is to collaborate. It's so important to understand the DNA of the brand I'm working with so I can make the right calls.

**The way in?** Be grateful for everything, whether it's your first internship or the next job. A great work ethic is so important, and the first rule of business is: treat other people the way you like to be treated. Never rest on your laurels. I always do the very best job I can. ►



## The Innovative Producer

**Laura Holmes, 32, runs a production company, Laura Holmes Production, that connects photographers, stylists and set designers to create the incredible images we see in fashion campaigns for brands including Miu Miu, Louis Vuitton, JW Anderson and Victoria Beckham.**

Fashion magazines were always the most exciting treat for me. I wanted to be a stylist, so I took an art foundation course at Kingston University and finished my BA at Central St Martins. I did work experience at *The Independent*, where [fashion editor] Susannah Frankel gave me tiny pieces to research and write. There, I read about fashion producers Gainsbury & Whiting, and I knew I had to work for them. I contacted them, enthusiastically, until they let me. I stayed for nearly six years, before leaving to go freelance. I set up my own company in 2010 when I needed a base and people to help me.

Being a producer is like a game of Top Trumps. I have to curate the perfect team to help an artist facilitate their ideas – ideas and imagery that shape the way consumers see things. I have researched breeds and growth patterns of daisies for a fragrance commercial; sourced purple recycled tyres as an alternative to soil for a fashion show; found a location that looked like the moon – in Spain – for a fashion lookbook.

**The way in?** Do as much work experience as you are able to, and stick at it. Be persistent and explore every opportunity.

## The Publishing Powerhouse

**Caroline Issa, 38, is fashion director of *Tank* (both a magazine and creative agency) and becauselondon.com. She also designs her own label in collaboration with Nordstrom and consults for brands across the globe.**

I had a winding, non-linear road to my career. I did my undergraduate degree at Wharton School of business (University of Pennsylvania) in management consultancy. I moved to London to do corporate strategy for Boots, which wasn't right for me. I'd met the founder of *Tank*, and they were looking for start-up business management, so I joined them.

I'm endlessly travelling, following fashion brands around the world. I've just got back from Korea and I'm straight off to Paris, then to Seattle and back to Paris. I've got trips to New York, Milan and the Philippines – all before the traditional fashion-month calendar. Fashion is a truly global business.

Gone are the days of one-job careers. I would never be in the position I am in today if the boundaries between specialisations hadn't become increasingly blurred.

I'm a business owner first and foremost – but my role also encompasses publishing, editorial content, advertising and creating products.

**The way in?** Be curious. Immerse yourself in the business and don't be afraid to ask questions – before I left my consultancy job, I spent four months working weekends and most of my evenings with the *Tank* team, learning about the business.




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**“Be curious and don't be afraid to ask questions”**

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## The Creative Director

**Ronnie Cooke Newhouse** is creative director of **HOUSE + HOLME** – an image and advertising agency specialising in fashion. She served as creative director of Calvin Klein and Barneys New York in the '90s, before moving to London and setting up her own agency.

Creative director means different things with different clients. But what is consistent is that from beginning to end you are managing and leading the creative process. We work in a collaborative way with designers, photographers, hair, make-up, set designers, artists and film directors.

There is no road map. Every time I start, the circumstances are different. The thoughts are different. The collections are different. Usually, you start with a thought, an instinct, a feeling.

**The way in?** Absorb everything to do with fashion: photography, literature, art, architecture and design. The more you know about pop culture outside of fashion, the more you can bring to your job. Walk with humility and never be above making a cup of coffee.

## The Style Director

**After a long career as a fashion journalist, Paula Reed, 53, now splits her time between London and Munich in her role as fashion director for fashion e-tailer MyTheresa.com.**

I didn't know anyone in fashion when I arrived in London in the '80s. I'd just graduated from Trinity College, Dublin, with a degree in French and German, and was desperate to get a job on a newspaper fashion desk. I knew I couldn't get on unless I met people, so I decided to knock on Lynne Franks' (the PR that *Absolutely Fabulous* Edina was based on) door. I spent a year with Lynne before moving to Jasper Conran and Rifat Özbek, then I got a job at *The Independent* as an assistant to the fashion editor.

My move from editorial into retail was a learning cliff, not a curve. I loved my job as fashion director for *The Sunday Times Magazine* and style director for *Grazia*, but when the opportunity to become fashion director at Harvey Nichols came up, I saw the potential. While it didn't work out, that role was a gateway to my current position at MyTheresa.

**The way in?** Do work experience in as many fields as possible. It only takes the right person with the right combination of skills to create a new role that may never have existed the week before.



## The Design Guru

**Ann-Sofie Johansson, 52, is creative advisor at H&M. She oversees the design direction of H&M's entire global fashion offering, including the Studio Collection, which is shown at Paris Fashion Week.**

Twice a year, the fashion world goes to *Première Vision* in Paris. You see the new developments in fabrics, watch trend seminars, and look at the colour chart they present. What is shown there impacts the whole fashion industry.

As designers, we all do our research in a similar way, and from the same sources, therefore coming to the same conclusions (which is how trends exist).

The design process starts with research for inspiration. We start at least a year ahead, but have the possibility to add things at short notice if something pops up.

Designer collaborations are a joint decision between our CEO, marketing, PR and design departments. It has to be someone we really admire as a designer and who feels contemporary. We run the H&M Design Award ([designaward.hm.com](http://designaward.hm.com)) to encourage young designers.

I started out at H&M working on the sales floor. That was in 1987; I became a design assistant in 1990, and in 2008 was made head of design. Today, it's not as possible to have my journey; to work as a designer at H&M you need at least a three-year design education. However, shop-floor experience is really valuable to know the customer.

**The way in?** Be patient. It took some time before I went from design assistant to designer, but I knew it would happen eventually. ►



## The Tech Pioneer

**Liz Bacelar, 37, founded Decoded Fashion to create events that connect fashion decision-makers with tech start-ups. In May, she partnered with the British Fashion Council to host the first Fashion Futures Awards, and has worked with Calvin Klein, DKNY, Rebecca Minkoff and Nicholas Kirkwood.**

I was always interested in technology because of my desire to know first. I began my career breaking news for CBS: I'd fly to the White House and to war zones, and after ten years in journalism, I was poached by LivePerson – a chat technology company whose CEO I'd done a profile piece on. Male tech developers kept showing me fashion apps they'd built for their wives. They were way off-mark, but I thought: what if we put fashion leaders and tech experts in one room?

I did a pilot event in 2011.

A hundred people came, but the only way to signal I was serious was to fill the Lincoln Centre. A member of the British government was in the audience. He said it would be great for me to launch in London. I agreed, "Yeah, eventually." He replied: "No, next week." Through him, I secured the funding for our launch. Today, we have meet-ups of 15,000 people in 12 countries.

**The way in?** I get requests from fashion CEOs all the time for new talent. They tell me, "Give me someone tech smart." So, read the news, subscribe to tech news sites. Coding isn't necessarily something everyone should do. I don't code, but I can talk about it without fear.

## The Global Retailer

**Ruth Chapman, 53, is the co-founder and joint CEO of matchesfashion.com.**

**From a small store in Wimbledon, the business has grown into one of the world's most desirable shopping destinations.**



I didn't start out in fashion. I studied business, and when I finished college, I went straight into a video company – which was a new medium back then. Then I met Tom [Chapman, her husband and co-founder and CEO of matchesfashion.com]. He was opening a store in Wimbledon – and I started helping out, as he clearly didn't have a clue about womenswear. I handed in my notice at my well-paid job, and went to work with him – that's love for you.

I have a broad view of the business. Whether it's working out our events calendar for the next six months, catching up with the retail and windows teams or planning Christmas across the whole business, you have to be able to switch from one thing to the next.

**The way in?** If you want to open a store, you have to have a distinct and original point of view. You also need to realise that if you don't cope well with change, this isn't the best job for you. We are constantly pressing the reset button.



## The Talent Scout

**Lulu Kennedy MBE, 45, is founder and director of Fashion East, a pioneering non-profit initiative established to nurture emerging young designers. She also has her own fashion brand, Lulu & Co, and consults with a host of labels.**

I fell into fashion by mistake. I'd been putting on raves and gigs in Naples, which I loved, but it was challenging, so I took a job part-time working in a gallery, where I met Ofer Zeloof, who had just bought the Old Truman Brewery (in London's East End) and wanted to transform it into an arts and media quarter. I was meant to answer

the phone and make coffee. That was 1996 – and I'm still here.

We started Fashion East in 2000 to support young fashion designers. A lot of my time is spent scouting and making agonising decisions about who to help.

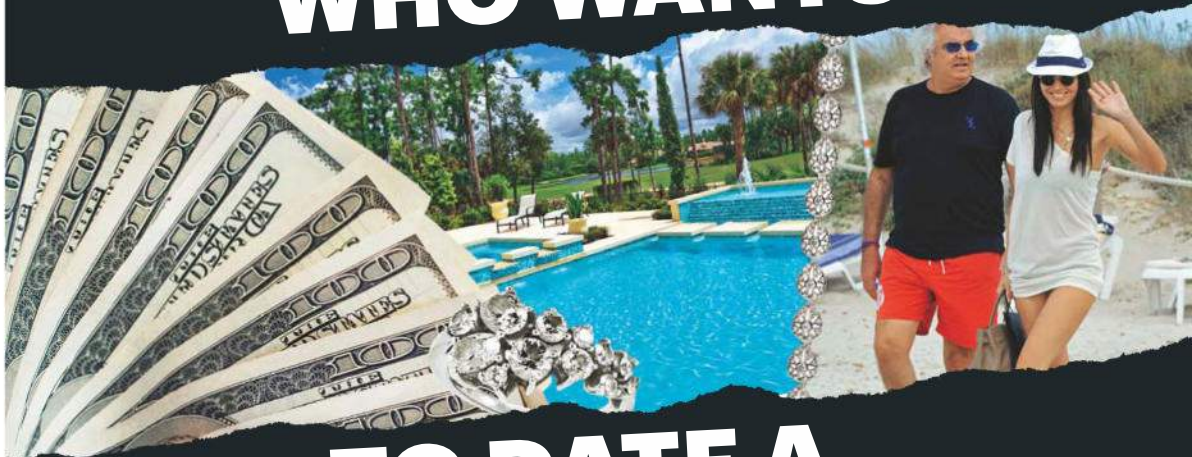
**The way in?** Contrary to what people say, it's not just about 'the people you know'. I wasn't just handed this project, I've got it because I put in the hours. I expect the same from my team. ©

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# WHO WANTS



# TO DATE A



# BILLIONAIRE?



# With private jets, luxury mansions and £10k shopping trips, the question is, who *wouldn't*? But, **Caroline Kent** discovers, this lavish lifestyle can come with a serious price tag – and we're not just talking money

Like lots of us do these days, I met my boyfriend on a dating website. But what I didn't realise, when I clicked on his profile, was that he had the net worth of a small country. After we'd exchanged a few messages, I saved his profile photo and put it into a search engine and that's when the penny (many, many pennies) dropped.

Honestly, at first, it put me off, because it hadn't been my intention to bag someone like that, and I couldn't help but think, 'What on earth does he want with someone like me?' But when I met him at a very chic restaurant in Mayfair, he seemed extremely normal. He was looking for a girlfriend but had less time on his hands to meet someone, and an unwillingness to hang out in bars flirting with anyone who came his way. Within a week of us dating, he was telling me to give up my job as a struggling writer so that we could hang out whenever he wanted. And, yes, I actually considered it.

Over the next few months, I was flown around the world on a monthly basis to meet him, from Africa to Italy to Dubai. We never flew together, because we were rarely in the same place at the same time, but I was too caught up in my new life to care. He had more self-confidence than any man I had ever met, and it was refreshing to be with someone who knew exactly what he wanted. And boy, did he always get it. I fantasised about our future: that we would be treated like royalty, that our lives would be shared and, though I didn't bring a bunch of cash to the table, the things I did bring would be acknowledged.

Looking back, I should have known from our first date that he wasn't a normal guy. His habit of ordering four main courses in quick succession after

trying a mouthful of each and deciding it wasn't to his taste was the first indicator that perhaps, like the Michelin-star food he sent back to the kitchen, I would never quite be good enough. He once took me to the beauty department at Selfridges and spent £3,000 at one counter on concealers, foundations and powders, because he found me too pale. I went along with it because, frankly, I wanted the haul, but this sort of back-handed, money-splashing "improvement" work was typical; when money was spent, it was ultimately always with his satisfaction in mind, not mine.

After a year of dating my über-wealthy man, my jet-setting life began to seem like a glorified commute based around his business schedule. I was

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"I was expected to stay up to greet him (looking flawless), then live on Chinese time, so his sleeping pattern wasn't disturbed"

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expected to stay up to greet him (looking flawless, of course), and then live on Chinese time so his sleeping pattern wasn't disturbed and business could carry on as normal. But due to the nocturnal hours expected, I saw very little of him. Despite having enough in the bank to mobilise a small army, he could barely afford to spend an evening with me. Believe what you want about the benevolent Bill Gates breed of billionaire, but you're kidding yourself if you think the super wealthy get that way by being 'nice guys'. The same uncompromising attitude that these men apply to business is replicated in their personal relationships.

"What you typically see with relationships where there's a lot of money involved," explains Kim Stephenson, relationship psychologist and author of *Taming The Pound*, "is a woman who ends up as a trophy. It takes a very strong woman not to become pretty much an appendage to a man ►"

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  - **Mr James Hooke** – Headmaster of Harrodian
  - **Mrs Helen Lowe** – Headmistress of Bute House
  - **Mrs Samantha Price** – Headmistress of Benenden
- **Sir Anthony Seldon** – Master of Wellington College
  - **Dr Joseph Spence** – Master of Dulwich College
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◀ who has so much power, influence and money (these are often interchangeable)."

"I didn't have my boobs done when he met me," says Catina\*, the achingly well-groomed long-term lover of a billionaire Brazilian businessman. "He preferred the way enhanced ones felt in bed, so he sent me to get them done soon after we met. If I don't do what he wants, he'll find someone else who will. I rely on him for the lifestyle he can provide me, so I go along with it to keep him happy."

**S**elling out your independence for a man who can provide may seem hideously outdated to most of us, but for über-wealthy WAGs, it's a sacrifice worth making for the lifestyle that a super-rich husband offers. "I'm well educated," says Alexandra, whose husband leads a publishing and technology empire. "I was making my own money as a model, but I fell in love and it made

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## "He schedules everything – or at least his PA does – and yes, that includes sex"

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sense for me to park my career and concentrate on making a family with him. I see so many women who force themselves to be independent, to never accept help, to deny wanting a family life, because they don't trust or want a man to provide for them. It's seen as the 'wrong' decision, but my life, my status in the world, has elevated. People fall over themselves to help me and open doors for me as they know I'm his wife."

Having a wardrobe full of designer clothes provided by a boyfriend may seem like a daydream, but the fact that his card pays for it all gives Catina's boyfriend a big say in what she buys. "On one of our first dates, we went out for breakfast and I said my shoes hurt, so he had his driver pull in to Harrods and he dropped £10,000 on an outfit for me." But what first seemed like generosity soon turned into 'buying' her acquiescence. As he pays for her clothes, Catina's boyfriend's tastes apply to her wardrobe, too. "Everything I buy goes on his credit card, so I end up dressing for him more than for me. He's very specific about how I should look, and expects me to send him photos of the outfit I'll wear for dinner, so he can veto anything he doesn't

like. He likes me to always have my legs on show, and he prefers blondes, so I dye my hair for him. I'll go through four outfits a day when he's around, I'm kind of like a living fashion show for him." Being impeccably groomed is expected at all times. "It's a chore. I don't wake up like this, but that's what he expects to see. I don't think he has any idea how much work is involved."

That complete control also extends to the five properties a billionaire will typically own. Hidden security cameras, private weapons and IT supervision lurk amid the private Pilates studios and sprawling penthouses. Whether all this leads a super-wealthy wife to feel safe or suffocated is a different matter. "I don't have my 'own' iPhone or laptop. He has access to everything, all the IT links back to his personal system, he likes being able to check up on everything from wherever he is in the world," explains Catina. "There are cameras and motion sensors all through the house for security, and trackers on all the cars. At any time of day or night, he'll know exactly where I am and be able to watch what I'm doing."

This level of supervision can hardly be a healthy environment for a mutually respectful relationship, but micro-managing is usual for the super-rich. "He schedules everything, or at least his PA does – and yes, that includes sex. If he's in town, she makes reservations for dinner twice a week, and the two hours after we eat are reserved for sex. His PA knows not to expect him to pick up his phone then."

Catina's stories rang true for me, too. Ultimately, what led me to break up with my billionaire boyfriend was that his first priority was always money, never me. I felt like a toy for him to pick up, play with, then put back on the shelf when he had more important things to do. I might as well have been another of his cars, expected to be clean and shiny and waiting in the garage for when he wanted to take me out.

Yet it's little surprise that some of these men can be such uncompromising partners. "If you have enough, you can make most problems go away by throwing money at them," explains Marya, the New York-based wife of a billionaire property magnate. "We have lots of issues, but I doubt we'd ever divorce. He knows it doesn't reflect well on your professional life if your personal life is a shambles, and he spends most of his time abroad, so the status of our marriage isn't a pressing issue. When it comes to ►

◀ a marriage, money doesn't make things easier. I've made a lot of compromises, and our relationship is very functional, but I stick with it because my lifestyle makes up for the lack of other things that most people take for granted in their relationship."

**A**nd that includes intimacy. "Early on in our relationship, he knew he had the money to make all his sexual fantasies come true – and we were wild," says Marya. "He was a connoisseur of vibrators, he had an absolute fetish for them and would spend thousands on the internet on sex toys from all over the world – there is still a secret closet full of them at our London house. We had almost weekly threesomes with escorts, which I really enjoyed!" But like a lot of marriages, the spark faded and life got in the way.

"Now I am a mother to his children and little more. I know I could never satisfy him completely and I wouldn't even attempt to try, but we have an arrangement and it works for us," says Marya, though she doesn't look quite as if she believes what she's saying. "Of course, he's got a girlfriend, but those two would never be together, she's too fiery, he just doesn't have time for all that. I don't mind, because it frees my time to do what I want. I'm just worried she'll 'accidentally on purpose' get pregnant to force him to commit."

This isn't the first time I've heard about a woman popping holes in a condom because she's so keen to get her super-wealthy boyfriend to settle on her. Another woman I met through my ex told me about how her boyfriend, from a billionaire Saudi family, dragged her into his car and drove her to a private clinic where he demanded she have his baby aborted. He paid for the procedure, deposited a large sum of money in her bank account, then fled back to his country and married the woman he was already engaged to.

It's far from the fairytale ending most of us would envisage, but it's often more than simply money that drives a woman to willingly enter this sort of relationship in the first place. The breakdown of my family as a child, the uncertainty over where and with whom I would live, led me to controlling and cold men who gave me some sort of certainty. Of course, the catch is that you're secure and well taken care of only for as long as

you do as you're told. "And it's worth remembering," urges Stephenson, "that 40 years or so of psychological research shows that once you've got enough to pay the regular bills, put food on the table and have a roof over your head, money makes no difference to happiness."

Though filled with material luxuries, beautiful homes, gorgeous food, exotic travel and the social status that money seems to bring, the life of a billionaire's girlfriend can be isolating. WAGs often see little of their loved one, who has his empire to maintain, and finding friends whose lives they can relate to is almost impossible. "Our relationship is certainly not like my parents'," sighs Catina. "I am often worried he'll grow tired of me. I'm addicted to this life. It's high-maintenance and demanding, but exciting. I don't think I could ever live a normal life

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"I don't think I could ever live a normal life again. I don't want a normal job, to go to the supermarket and struggle to pay the rent like everyone else"

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again. I don't want a normal job, to go to the supermarket and struggle to pay the rent like everyone else. So, the fact it could all disappear at the click of his fingers? That's terrifying."

And it's exhausting to live with that, as I found out. I began to crave a normal guy. Someone who would watch TV in his pyjamas with me rather than renting out an entire cinema so he didn't have to sit near anyone he didn't know. Someone who would come to my home town and meet my family instead of flying me across the world at his beck and call. Who would save up to buy me a thoughtful gift, rather than decking me out in fancy clothes because he wanted me to look like his fantasy girl. Someone who would open up about his insecurities and fears and truly have time to listen to mine. Memories or emotional support cannot be bought – and when I find a normal guy to give them to me, I'll appreciate it a billion times more. **G**

\*Names have been changed. Photographs: Getty Images, istock, flynetpictures.co.uk, pacificcoastnews.co.uk, Splash News, xposurephotos.co.uk. Still lifes: Sudhir Pittwa





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Clockwise from top left Anna Wintour; Marianne with her award; with her husband; Elisabeth Moss; on stage with presenters Kiefer Sutherland and Rita Wilson; celebrating with Scenic Design winners (also for *The Curious Incident...*) Bunny Christie and Finn Ross; Kendall Jenner; Bella Hadid

# “Anna Wintour offered to dress me. Of course, I said yes”

When theatre director **Marianne Elliott** was nominated for her second Tony Award, the search was on for *The Dress*. From fashion royalty to emergency Converse, here's what it *really* takes to be red-carpet ready

**D**on't fall over, *don't* fall over!' That's what's going through my head as I weave my way up to the stage of New York's Radio City Music Hall to accept my Tony Award. Six thousand people are applauding while Kiefer Sutherland and Rita Wilson wait to present my award for Best Director of a Play for the Broadway production of *The Curious Incident Of The Dog In The Night-Time* – but I'm just making sure the heels of my extremely high Paul Andrew sandals don't get caught on the hem of my dress. The J Mendel gown I'm wearing has taken eight weeks of planning...

Rewind to April, when I get the call to say I've been nominated. I won the same award in 2011 for directing *War Horse*, so to be up for it again is really special. After the initial elation, my next thought was, 'What am I going to wear?' I'm not usually daunted by event dressing, but there's something about the Tony Awards – they're like the Oscars of the theatre world – that ups the ante, so I was hugely excited when my production company told me Anna Wintour had offered to dress me. Anna has a real love of the theatre, and we'd met before at various events. She was dressing lots of the celebrities attending – Kendall Jenner, Elisabeth Moss, Bella Hadid. Of course, I said yes.

Before I visited the *Vogue* offices in New York for my first fitting, I had to email over full-length pictures of myself and a list of designers that I like: Stella McCartney, Victoria Beckham, Roland Mouret, Erdem. Still, I remember worrying, 'What if I don't like anything?' I was introduced to Virginia Smith and Emma Morrison from the fashion team, who presented me with six dresses.

What did I learn from a personal fitting with *Vogue* fashion editors? Firstly, other people may know what suits you better than you do. On first sight, I wasn't sure about the dresses they'd picked – they were more elegant and understated than I'd have chosen myself. But that's the thing when someone else dresses you: you're persuaded to see yourself a different way. Secondly, you have to try things on. On the hanger, the J Mendel dress just seemed like an awful lot of chiffon, but as soon as I put it on, I immediately got a good feeling. It had a really great structure and pulled in my waist, almost like a corset.

Finally, for a really special event, find a good seamstress. The dress was originally a little too cleavage-y and the leg split went a little *too* high – but Virginia and Emma assured me that their wonder-seamstress could fix this.

I didn't see the dress again until the day before the Tonys – I know, talk about cutting it fine – but when the seamstress brought it to my hotel, there was a problem: the ruching was

sticking out too much. It meant she had to take it away again. I started to panic – 'It's the night before the Tonys and my dress isn't ready!'

In the end, it was all fine. The dress fitted me so perfectly that I felt really confident. Arriving at the Tonys was like being in a Disney film. I watched all the actresses step in front of the cameras and do 'The Pose', but my husband (actor Nick Sidi) and I were busy giggling and taking selfies.

The nerves kicked in when we took our seats. I heard my name being read out – and then the next bit happened very quickly. I made it to the stage without tripping and read out my speech, trying not to speak in an octave so high that only dogs could hear me.

It's only when I got offstage that it hit me. When I started out in the industry, I didn't even think I could be a director – I didn't know of any female directors out there. Now, I'm the first woman to have won two Tony Awards for Best Director of a Play. It felt amazing.

The rest of the cast and crew were watching the Awards on a huge screen at a private bar, so as soon as the ceremony finished, I headed there. In total, *The Curious Incident...* won four Tonys that night, so by the time I arrived they were having a wild time. There was only one thing to do – I kicked off my high heels and pulled on a pair of not-so-elegant Converse (that I'd had stashed in the car) so I could party with them.

It was an incredible, once-in-a-lifetime night, in a once-in-a-lifetime dress. It really made me appreciate how much effort is involved in creating one red-carpet look. Oh, and Anna Wintour's advice aside, the best-dressed people have a seamstress on speed-dial.

## Marianne's path to the top

**1989** Graduates with a degree in drama from University of Hull

**1990** Is the casting director at Doreen Jones Casting

**1994** Drama secretary at Granada Television

**1995** Starts as an assistant at The Royal Exchange, Manchester

**1998** Appointed artistic director at The Royal Exchange

**2002** Associate director at The Royal Court Theatre in London

**2005** Wins the *Evening Standard* Theatre Award for Best Director, for her production of *Pillars Of The Community*

**2006** Joins the National Theatre as associate director  
**2008** Marianne's production of *Saint Joan* wins an Olivier Award for Best Revival

**2009** Directs Kit Harington in *War Horse* in the West End

**2011** Wins the Tony Award for Best Director of a Play for the Broadway version of *War Horse*

**2013** Directs Luke Treadaway in the West End production of *The Curious Incident Of The Dog In The Night-Time*

**2015** Wins Tony Award for Best Director of a Play for *The Curious Incident...* on Broadway



Clockwise from left **Himalayan Charcoal Body Clay** 200ml £16; **Japanese Camellia Cream** 350ml £23; **African Ximenia Scrub** 350ml £18; **French Lavender Massage Oil** 170ml £14



# READY, SET, RELAX

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"Pampering is my number one rule of life as I believe it's important for health and wellbeing to reconnect with body and mind. I am captivated by all of the products in the Spa Of The World collection."

**VANDA SERRADOR** Facialist and body care expert for The Body Shop

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### 2 Scrub: African Ximenia Scrub

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### 3 Cleanse: Himalayan Charcoal Body Clay

An Asian beauty secret, charcoal draws out impurities and helps cleanse and soften your skin. Apply a thin layer and leave to dry for ten minutes, then rinse.

The Relaxing Ritual's key ingredients:



Use as part of the Revitalising Ritual from The Body Shop: (from left) **Dead Sea Salt Scrub 350ml £20**; **Moroccan Rhassoul Body Clay 200ml £16**; **Thai Lemongrass Massage Oil 170ml £14**

### 4 Moisturise: Japanese Camellia Cream

We are in love with this velvety body cream. Used for centuries by the Japanese, camellia oil is high in skin-nourishing oleic acid, perfect for post-bath moisturising.

### 5 Soothe: French Lavender Massage Oil

Handpicked lavender forms the base of this little gem. *Tip: Apply to the neck and shoulders before bed to release the fragrance as you sleep.*



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# Glamour is good for you

And don't let anyone tell you otherwise, says **Polly Vernon** – a firm believer that it isn't frivolous, it's empowering



**G**LAMOUR is a damn fine name for a magazine, if you ask me, because glamour is a damn fine concept. It's one I've been pursuing for most of my life. I've got this theory that some people – lots of us, I suspect – are born glamorous, in the way others are born gay. Glamour is a fundamental part of who we are, who we want to be. We'll spend our lives chasing it down. Seeking it out. Assimilating it into our day-to-day business. Getting lost in the shiniest pop videos, learning all the lyrics so we can lip-synch with extra vigour. Hanging out in the beauty halls of department stores testing the brightest lipsticks. We paint our nails in any downtime. We get a thrill because we just ordered a cocktail, and cocktails are glamour in liquid form. We delight in sunglasses because they're instantly applicable glamour (with the added function of protecting our eyes from the sun/hiding the evidence of any hangover, aka: a win-win situation). We experiment with halo braids (again).

I've always been proud of it; glamour-seeker is who I am, and everyone else is just going to have to live with it. Not that there's anything unpleasant about life with, or near, a glamour-seeker, I should add. Oh, we may

insist that you sit through a Taylor Swift video or three, dissecting the narrative arc described within, but how is that a waste of time? We may re-apply our eyeliner just to pop to Sainsbury's Local, but who are we hurting?

The first time I realised I wanted 'in' on glamour, was the first time I watched *Grease*. I was nine or thereabouts, and in no way a glamorous person. But then, glamour at nine would be precocious, to the point of inappropriate. Let's just say I wasn't showing any signs of glamorous potential. I wasn't one of those neat, matchy-matchy girls with the beguiling smiles and the themed bedrooms, who always get picked to play Mary in the school Nativity, who always got chased by the boys during playground fun times. I was a curious-looking child with bad hair, worse clothes and sticky-out teeth. I wasn't pretty, I wasn't popular, I wasn't cool; I was getting by. But then, there I was, watching the final scenes of *Grease*, during which Sandy seduces Danny, following a Pink Lady glam-over which involved the switching of her cardigans, midi-skirts and books for disco pants, off-the-shoulder-tops, mules and a fag she couldn't smoke. I watched that sequence and something clicked. Something marvellous and potent. *That* was what it was all about! Becoming glamorous! Glamour would make everything OK! Glamour would ►

◀ make things fun and possible and powerful and easy! And so I resolved to be glamorous, on the spot.

Unfortunately, glamour wasn't that easy to come by – not in 1980s Devon, and not when you're nine. But in my late teens I left home for what was, it turned out, a profoundly glamorous university and I acquired a cool boyfriend who lent me glamour by association. When I graduated, glamour drove me to seek out a job in a cocktail bar in Covent Garden.

Ultimately, I made glamour my career. I left the bar for a job in fashion PR, I left that for a job writing on a women's magazine, which would become a job writing for pretty much everything. If journalism isn't always entirely glamorous, don't let anyone tell you it's entirely without glamour, either. Even if a celeb behaved hideously to me, for the most part they're pretty people leading hilarious lives, and I get to interview them. Flying economy class to LA for 48 hours to chase some story or other is knacker, but it's a heady, funny kind of knacker. Not that anyone has to be a journalist to make glamour an integral part of their lives, obviously. There are ways and means: glamour tweaks, hacks and highlights that can be integrated into all our lives. Glamour is there for anyone who wants it. It's the sparkle in your kitsch phone case, it's the bounce in your Batiste-enhanced blow-dry. It's wondering what Beyoncé is doing RIGHT NOW.

Which would be completely brilliant... except that glamour has a terrible reputation. It's considered silly and worthless, beneath us – possibly dangerous. The defining concern of lightweight people, of vacuous and shallow types who have nothing more pressing on their brains than developments in Kim Kardashian's bottom. Glamour is personified in the modern culture of celebrity 'obsession'; it drives young people to ignore their studies and their inner life, in favour of taking selfies and auditioning for reality TV.

Oh, I have encountered much dissent while trying to be a bit more glamorous or trying to share the glory of glamour with the world. As a journalist, I often find readers objecting to my fascination with style and celebrity culture, glitz and incoming fashion trends. "Less of this trash, give us news!" one online commenter pronounced last week, after I had the audacity to publish a denim-trend piece in his broadsheet newspaper, without first seeking his permission. I tried to explain that there is room for both fashion and news in a newspaper. He wasn't having it. "News or shoes," a fashion writer friend told me when I rang her for a bitch about it. "These people seem convinced that shoes take



Glam and proud: Polly shows us how it's done

"Glamour has a terrible reputation. It's considered silly and worthless"

up the space which would otherwise be occupied by news, and we're on a mission to rot their brains with talk about the pros and cons of a wraparound sandal."

"But it's so annoying!" I said. "And it wasn't shoes, it was jeans!"

"I'm making a general point, and 'news or shoes' rhymes. Do be quiet," she said.

For some years, I wrote a cocktail bar review column for another newspaper, which I voiced as a faded, debauched It Girl.

Y'know, for the laughs. For years I was bombarded with post about how ridiculous I was. I got the same when, in 2003, I wrote about the great switchover from bootcut to skinny jeans; and in 2012, when I declared my love of *Made In Chelsea*.

This is the thing about glamour. It is widely considered a bit dodgy. We shouldn't waste our brains thinking about being glamorous, or our cash indulging it, right? No. Wrong. Bullshit, actually. Those who are uncomfortable with glamour are missing the

point. There is an assumption that anyone who is in thrall to it (like me) is too stupid to care about anything else, but that's just not true. We have enough space in our brains to think about lipstick and politics, Amal Clooney's wardrobe and her work as a leading human-rights lawyer. We just do.

I take on a lot of these ideas in my book *Hot Feminist* because I want to make it clear that politics and a devotion to glamour can coexist happily within the same woman. That glamour needn't stop you being strong, empowered, ambitious and creative. In fact, it can help. I pushed me into a perfect job, for starters. Being interested in glamour is no different to being interested in football, say. Or cooking. Or architecture. Or any of the other myriad things that divert us in life. Being interested in celebrities is only really being interested in the human condition, the soap opera we're all living, played out in glorious Technicolor by the people with the fancy clothes and teeth. Their heartbreak is the same as ours; their joy is the same. And being interested in make-up and clothes – that's about how you assert yourself, how you demand attention and respect.

Glamour is fine. Glamour is good for you.

Ultimately, glamour is everything I hoped it would be when I watched *Grease* and resolved to possess it. Cheering, escapist, fun and energetic. Comforting because no matter how grim aspects of my life get, glamour is always there, a little shell of happiness and light relief in the pocket of your favourite jacket, reminding you of sunny days on the beach, every time your fingers encounter it. ☺

*Hot Feminist* (£14.99), published by Hodder & Stoughton, is out now



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# "My sports heroine"

Twelve top sportsmen celebrate the inspiring women who have shaped their careers

Andy Murray

**Tennis player, ranked No3 in the world**

"They say I was plucky choosing Amélie Mauresmo (left) to be my coach but, truth be told, if anyone was plucky it was Amélie – she's the one who's taken the heat. Her competence has constantly been under fire. But I was ranked 11th in September 2014, I'm now ranked third – it speaks for itself."



Michael Jamieson

**Swimmer and Olympic silver medallist**

"Jane Carre is my physiotherapist and works tirelessly to help me perform at my best. She targets areas of weakness in my movement patterns in the water, creating a tailored programme that prevents me getting injured. I couldn't compete at this level without her."

Usain Bolt

**Multi-world-record-holding sprinter**

"My PE teacher, Ms Thorpe, was like a second mother to me when I was in high school. She was always encouraging, pushing me to maximise my potential. I remember her saying to me, 'Keep believing in your God-given ability, even when no one else does.'"

Louis Smith

**Gymnast and double Olympic medallist**

"When I was 15, I watched Dame Kelly Holmes win her two gold medals [in the 800m and 1500m] at the 2004 Athens Olympics. I was at a point in my career when I knew that I *could* be good enough to compete at the Olympics, but I was still too young. Seeing her smash it – twice – gave me the desire to reach that level myself." ►



Ed Clancy

**Five-time-world-champion cyclist**

"Victoria Pendleton is the most determined athlete I've come across in my career. When things didn't go to plan, Vicky would want to know exactly where she was going wrong. That drive for perfection was an example to me."

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## Anthony Joshua

**Olympic-gold-medal-winning boxer**

"Training alongside Jessica Ennis-Hill with Team GB and seeing the amount of work she put in was very motivating. I first met her when I was struggling around a running track and she stopped and took time out of her own training to give me running tips. I have huge respect for her and what she has achieved."

## Freddie Flintoff

**Former England cricket captain**

"I remember seeing Zola Budd running barefoot on the TV when I was a child. It led me to learning more about the challenges she faced as a South African athlete during the apartheid era – she had to overcome so many obstacles to pursue the sport she loved. As a lad beginning to get a taste of playing competitively, her story was really inspiring."

## Mike Brown

**England rugby player**

"I work with sprint trainer Margot Wells, who helps me improve my physical qualities – balance, speed, power, strength and co-ordination – and also Susan Kaye, a sports counsellor who's taught me to recognise emotional triggers that impact my performance, and reframe my thinking on the pitch. Together, they enable me to perform at the highest level in professional rugby."

## Jonnie Peacock

**Paralympic gold medallist sprinter**

"Goldie Sayers is a three-time Olympian and 11-time national javelin champion. Having trained with her, I've seen first-hand the hard work she puts in to better herself; despite being unlucky with injuries, Goldie always finds the motivation to fight back to full fitness. She is the type of athlete I try to emulate."

## Phil Neville

**Former England footballer and BBC Sport presenter**

"Growing up, both my brother Gary and my sister Tracey played sport, too. I loved going to watch Tracey play netball as a kid – and now, having played for England in two Commonwealth Games, she's heading to Sydney for the Netball World Cup as the coach of the England team. I'm so proud of everything she's achieved. We've always been supportive of each other – through every win and loss, we know what the other is going through."


## Alistair Brownlee

**Triathlete and Olympic champion**

"I started working with Corrinne 'Coz' Tantrum – a very influential swimming coach – when I was 14. I had just left a swim programme that didn't cater for a triathlete in the making, but Coz saw it as a challenge, attending triathlon camps so she could learn more about the sport. Over the next few years, she convinced me to swim more, took me to competitions, and ultimately helped me become the athlete I am today."

## Jamie Nicholls

**Team GB snowboarder**

"Jenny Jones coached me at a snowboarding camp when I was eight years old. So it was an honour to compete alongside her at the Sochi Winter Olympics. I remember practising my backside triple cork just before the finals while Jenny stood at the bottom of the warm-up slope. She told me to stay calm and reassured me – it gave me a big confidence boost just when I needed it." 



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# WE'LL HAVE WHAT HE'S HAVING

SKIRTS, PUSSYBOWS, PRETTY PRINTS... MEN'S FASHION IS PUSHING BOUNDARIES — AND WE *TOTALLY* WANT A PIECE OF IT, SAYS **VICTORIA MOSS**

**W**hen Derek Zoolander and Hansel stormed the catwalk at the finale of the A/W15 Valentino women's fashion show, it was hilarious *and* genius. It also reflected that men are stealing a bit of the fashion glory back from the women.

The menswear market is on a roll. With the success of online high fashion retailers like Mr Porter and Oki-Ni, luxury brands are investing serious money in making sure their menswear offering is as strong as the women's. This was particularly pronounced in the fashion shows in June. While we're used to seeing extravagant displays during the women's shows, men's Fashion Week is usually a quieter affair. Not any more. In Milan, Philipp Plein spent £1.5million on his monster truck spectacular; Jimmy Choo and Coach both whipped up their own indoor skate parks, while Kenzo made its own beach.

"The growth in menswear can be in part attributed to the success of London Collections Men, which kicks off the show season with an energy that is unique to London," says Helen Seamons, *The Guardian's* menswear fashion editor. "And with the unstoppable rise of social media, menswear has been propelled even further forward, engaging a larger audience on all platforms: style blogs, shopping apps, Twitter and Instagram."

It's also the perfect time for designers to push the boundaries. Christopher Kane, Jonathan Saunders, Casely-Hayford, JW Anderson and Christopher Shannon are all making London a must-watch. Meanwhile, Alessandro Michele, Gucci's new creative director, is blurring gender lines:

think men in pussybow blouses and sheer tops. At Burberry Prorsum, Christopher Bailey put his models in lace shirts, while Prada used the same bunny motif in both its men's and women's collections – the idea being that the clothes are interchangeable. "A move away from gender definition in fashion is driving the freedom to choose based on personal taste," says Bosse Myhr, Selfridges' director of menswear.

While some of the men's catwalk looks might seem a bit improbable (head-to-toe pink, skirts and Mary-Janes), there are some supremely covetable pieces. This season, guide your man towards mix-and-match suiting, witty knitwear and cosy shearling coats. As for unisex style, this just gives us more fashion options – what's not to like about that? ►



**"A MOVE AWAY FROM GENDER  
DEFINITION IS DRIVING THE FREEDOM TO  
CHOOSE BASED ON PERSONAL TASTE"**



# THE TRENDS

AKA what your boyfriend will be wearing in six months (maybe)



COACH

## Pretty printed

From ditsy florals to vibrant clashing patterns, there's a whole lot of print coming to his wardrobe. So how to tackle this one? Take a tip from Coach, where gaudy shirts and coats were worn with simple black trousers. The trophy item? A knee-length printed coat — everyone (Givenchy, Louis Vuitton, Carven, Raf Simons) sent one down the runway.



RAF SIMONS

## Wide strides

Ever watched a man pull off a pair of skinny jeans and thought, 'Damn, that's sexy'? Us neither. So there might be something in this wide-legged revival. And everyone was doing it. At Topman, Raf Simons and Dries, it fed into the new '70s aesthetic. At Loewe, it was more about matadors, while at Patrick Grant's E Tautz, there were jeans with a '50s retro feel.



NASIR MAZHAR

## Skater boys

Menswear has been in thrall to sportswear for the past few years, and that's going nowhere. London designers Nasir Mazhar and Christopher Shannon have made their careers from creating cool, sports-influenced clothes. This year, there's a definite skate-park theme: think board shorts and hi-tops. It's edgy but modern, and resoundingly cool.



BURBERRY PRORSUM

## Dazed and confused

It's not just womenswear enjoying a fling with the '70s. At Burberry Prorsum, *Brideshead*'s Sebastian Flyte met Harry Styles. James Long embraced psychedelia with clashing knits and ankle-swingers, and Gucci was a treat for anyone with a penchant for the Wes Anderson look: dainty floral suiting, suede trench coats and blazers.



CALVIN KLEIN COLLECTION

## It's a white out

Coffee lovers, beware: next summer is all about an all-white look. Kenzo teamed tailoring with T-shirts; Givenchy's white suits were worn with a black sandal and tee; Haider Ackermann layered white jeans with a waistcoat; Calvin Klein went for preppy blazers, and Ralph Lauren kept it Hamptons cocktail hour with classic double-breasted styles.



LOUIS VUITTON

## Bomber time

Even though we swooned over Ryan Gosling and his silky bomber back in 2011, menswear has waited until Spring 2016 to show its appreciation. They were seen at Louis Vuitton, Carven (khaki leather), Valentino (dragons) and Marc Jacobs (silver and black). For a more low-key cover-up, look to Balenciaga's solid black piece with zips (very '90s).



BURBERRY PRORSUM

**CALVIN HARRIS**  
Real men wear frills, lace and tassels – fact.



VIVIENNE WESTWOOD

**TINIE TEMPAH**  
Mr Tempah skirts the issue of androgynous chic, quite literally.



ANNA SUI

**HARRY STYLES**  
See-through shirts, patterns and faux-fur gilets – Harry styles them all out!

## WHAT THE BEST-DRESSED MEN WILL BE ROCKING

(In our feverish imaginations, at least)



CHANEL

**KANYE WEST**  
Yeezus is the king of the clashing print.



GUCCI

**RYAN GOSLING**  
If anyone can rock a pussybow, it's The Goz.



JW ANDERSON

**ROBERT PATTINSON**  
There's an A-list nip in the air...

## THE UNISEX NAMES TO DROP – AND SHOP



### Inez and Vinoodh for Frame Denim

When the fashion photographers couldn't find replacements for their favourite old jeans, this collab was born. We love the lived-in feel.



### Nicopanda

The brainchild of ex-Gaga stylist turned Diesel artistic director Nicola Formichetti and his brother, this streetwear line blurs genders in a kitsch-yet-cool way.



### Hood By Air

The NY-based streetwear brand has always shown men and women on its catwalk wearing the same collection. If you like a statement sweatshirt, you'll be all over this.

## WHAT'S HIS IS YOURS: what to steal from his wardrobe



Lacoste's 'René did it first' top. Lacoste's A/W15 collection paid homage to our favourite dysfunctional family, The Royal Tenenbaums. We are very keen on this knit.

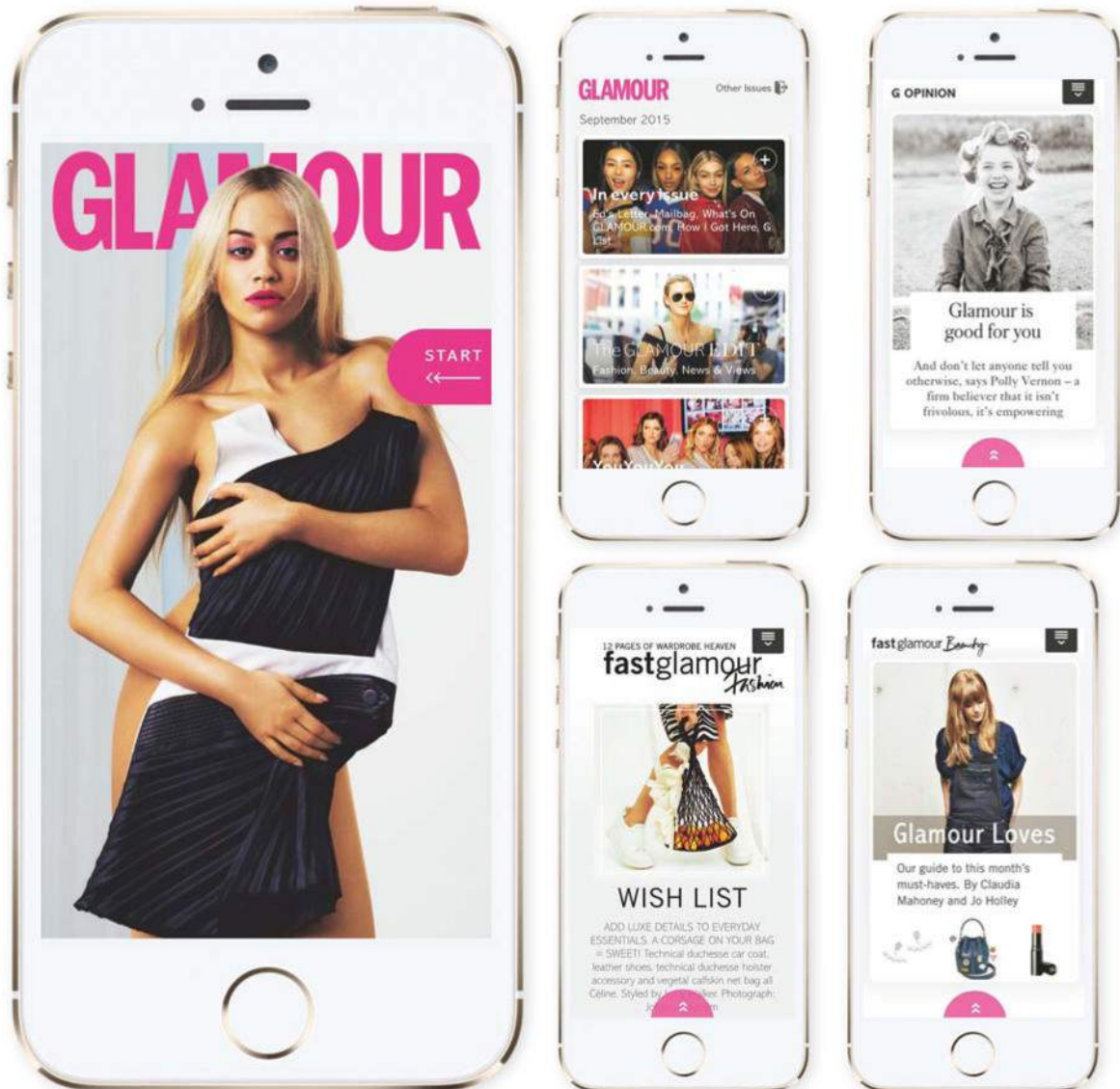


Marwood London giant staircase shawl. These English-made scarves from this quietly cult men's accessories label are far too good for boys to have all to themselves.



The Topman '226' sweater. Spot-on for the enduring '70s revival – and the sort of jumper we buy our boyfriend with the express intention of stealing it. @

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## How to claim your 20% discount at Urban Outfitters

Add the code **GLAMOURSEPTMBER** at the checkout when you shop online at [urbanoutfitters.com/uk](http://urbanoutfitters.com/uk). Offer applies to full-price items online only.

**Bag** £110  
Vagabond



**Jumper** £46  
Urban Outfitters



**Skirt** £49  
Urban Outfitters



**Jacket** £65  
Urban Outfitters

**Terms and conditions:** Offer is valid from August 6 until midnight September 7, 2015. This code is not to be used in conjunction with any other offer or promotion and is available online only at [urbanoutfitters.com/uk](http://urbanoutfitters.com/uk) with the code GLAMOURSEPTMBER. Some brands and products are not included in this special offer – for a full list of exclusions, visit [urbanoutfitters.com/uk/help/terms\\_of\\_use.jsp](http://urbanoutfitters.com/uk/help/terms_of_use.jsp)

AUTUMN  
WINTER  
2015



*yumi*

[www.yumidirect.co.uk](http://www.yumidirect.co.uk)

Coat £130

12 PAGES OF WARDROBE HEAVEN

# fastglamour

*Fashion*



## WISH LIST

ADD LUXE DETAILS TO EVERYDAY ESSENTIALS.  
A CORSAGE ON YOUR BAG = SWEET!

Technical duchesse car coat, leather shoes, technical duchesse  
holster accessory and vegetal calfskin net bag all Céline

# THE NEW SEASON



**Wool-blend coat** £89.99  
mango.com

## A is for Animal attraction

From snake print at Miu Miu to leopard at Erdem, here is where the wild things are.



MIU MIU

**Ponyskin skirt** £495  
mcq.com



**Polyester top** £16  
boohoo.com



**Leather heels** £270  
kurtgeiger.com



## B is for Bad taste

Love it or hate it, the '80s are back. A mash-up of lame, brights and prints signals a return to an era known for its questionable style.



JW ANDERSON

LOEWE



## C is for Check mate



CHLOE

For those with classic sensibilities, checks and plaids are a new-season saviour. A Crombie-style coat like this will do the job nicely.

**Wool coat** £715 katespade.co.uk



**Polymix top** £40  
riverisland.com

**Suede and leather boots** £90  
office.co.uk

## D is for Death becomes her

Step into the darkness with A/W15's most beguiling trend. The key to this tricky look is to add more modern pieces – a Victorian-style blouse works well with black skinny jeans.

# FROM A to Z

YOUR COMPLETE GUIDE TO A/W15

**F**

**is for Elegance**  
Think silky blouses, leather gloves and pencil skirts in simple neutrals. It's time to be a lady.

**FENDI**

**MAX MARA**

**Polyester blouse** £29.50  
marksandspencer.com

**F**

**is for Faux fur**  
A trend that's here to stay. Go for neutrals rather than last winter's more colourful hues.

**Faux-fur coat**  
£995 Awake at brownsfashion.com

**PUCI**

**Mohair bag** £65  
dorothyperkins.com

**G**

**is for Girls in the hood**  
The parka is this season's biggest coat trend. Don't relegate it to weekend wear – the parka works well mixed with more polished pieces.

**ROBERTO CAVALLI**

**EUDON CHOI**

**Cotton parka**  
£380 Replay

**Patent leather shoes** £185  
russellandbromley.co.uk

**is for Heels you can walk in**  
For those who like a little lift, rejoice – the heel is back. Just keep it sweet and low.

**Leather shoes** £925 Miu Miu ▶

I

is for Investment piece

Look for something you'll want to wear this season and beyond. This super-luxe leather coat by Hobbs gets our vote.



**Leather coat** £799  
hobbs.co.uk

is for Look, no hands

When it comes to sleeve length this season, go to great lengths to conceal hands and fingers.



STELLA MCCARTNEY



CELINE



JOSEPH



STELLA MCCARTNEY



VICTORIA BECKHAM



SAINT LAURENT



is for Joan Jett

Take a tip from this frontwoman and '80s icon. Yes, we do indeed love Rock'n'Roll...

**Denim jeans**  
£130 g-star.com



**Cotton T-shirt**  
£120 AG Jeans at  
matchesfashion.com



**Vinyl-coated leather biker jacket** £1,020  
Each X Other



**Faux-leather sandals** £24.99  
newlook.co.uk

is for Keep dancing

Looking for inspiration for new-season eveningwear? Think Studio 54's late-'70s glam – lurex, platforms and rich, shimmering shades.



RODARTE



**Lurex polyester jumpsuit** £55  
riverisland.com



**Lurex rollneck** £30  
asos.com

# M

## is for Margot Tenenbaum

Look to Gwyneth Paltrow's character in cult flick *The Royal Tenenbaums*. Sportswear has never been cooler.



Faux-fur coat £715  
katespade.co.uk



LACOSTE

Polyamide tracksuit top £170 and bottoms £170 both  
lacoste.com

# N

## is for New kids on the block

It's like the fashion world's version of musical chairs, with a host of new designers taking over at houses.



ALESSANDRO MICHELE AT GUCCI

ALEXIS MARTIAL AND ADRIEN CAILLAUD AT CARVEN

GUILLAUME HENRY AT NINA RICCI

NADEGE VANHEE-CYBULSKI AT HERMES

PETER COPPING AT OSCAR DE LA RENTA



## is for Oh, what a lovely pair

No tiny hoops here. Head-turning statement earrings are having a moment.



MARNI  
Metal hoops £5.99  
newlook.co.uk

Suede skirt £30  
dorothyperkins.com



ALTUZARRA



LOEWE



STELLA MCCARTNEY



## is for Pale and interesting

Powdery pastels are the order of the day. Modern shapes keep it sweet rather than saccharine.



Patent leather shoes £425  
net-a-porter.com



Wool top £69  
cosstores.com



PRABAL GURUNG



## is for Quiet moment

Simple pieces in muted tones = understated elegance.



Silk camisole £29.99  
mango.com



Wool sweater £280  
HUGO at hugoboss.com



Boiled wool skirt £125  
reiss.co.uk



HERMES

**Silk blouse**  
£370 dorothee-schumacher.com

# R

is for Red

The stand-out colour of the season – be brave and wear head to toe.



**Wool coat**  
£450 Maje



# S

is for Shoulder to shoulder

The new way to show some skin? Get your shoulders out.



STELLA MCCARTNEY



**Cotton-mix dress** £89  
cosstores.com



**Cotton top**  
£347 Tibi



LOUIS VUITTON



**Wool-mix jacket**  
£79.99 and **wool-mix trousers** £39.99  
both mango.com



is for Tailored to perfection

This season has seen a real conversation about the blurring of gender in fashion. Don't be afraid to show your masculine side.



**Cotton-mix jacket** £50 and **cotton-mix trousers** £35  
both next.co.uk

# U

is for Underwear

Don't shy away – a glimpse of underwear is encouraged this season. Make it lacy.



**Lace body**  
£360 Eres



**Lace bra** £40 and **lace knickers** £31 both Huit



DOLCE & GABBANA

# V

## is for Velvet Underground

Designers came over all touchy-feely this season, with velvet everywhere, from Christopher Kane to Gucci.



DELPOZO

**Velvet trousers** £95  
finerylondon.com



**Velvet top** £90  
reiss.co.uk



**Velvet shoes** £35  
marksandspencer.com

# W

## is for Watch this face

Model Nora Attal first came to our attention in JW Anderson's S/S14 campaign, and we predict big things for her this year.



J.W.ANDERSON

# X

## is for X-rated

Not for the faint-hearted. If the idea of head-to-toe PVC has you running scared, opt for high-shine accessories, as seen at Dior.



EMILIA WICKSTEAD



**PVC jacket**  
£49.99  
newlook.co.uk

**PVC boots**  
£430 Stuart Weitzman

# Y

## is for Years and years

Channel your inner Annie Hall – the '70s revival is here to stay.

**PVC shoes** £16  
Primark



**Denim jeans**  
£90 levi.co.uk



**Suede and shearling coat** £290  
warehouse.co.uk



BOTTEGA VENETA

# Z

## is for Zoolander

Really, really, ridiculously good-looking models Derek and Hansel stole the show at Valentino.



By: Lucy Walker (A-P), Charlotte Lewis (Q-U) and Chloe Bloch (V-Z). Photographs: Getty Images, Jason Lloyd-Evans, Alistair Touchstone. Still lifes: Jody Todd, Sudhir Pitwa



# Russell & Bromley

LONDON



The Sneak Peek sneaker  
The Polly mini satchel  
[www.russellandbromley.co.uk](http://www.russellandbromley.co.uk)



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Stay new.

Stay true.

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feel your freedom.

Available online at [sloggi.com](http://sloggi.com) and in selected John Lewis, Debenhams, House of Fraser and independent retailers

# WE THE GUCCI GIRL

ECLECTIC, ECCENTRIC AND ROMANTIC – FASHION HAS A GAME-CHANGING NEW MUSE

**W**hen Alessandro Michele unveiled his debut collection for Gucci at Milan Fashion Week, it was the show that got everyone talking. The minimalist, pared-back aesthetic that has dominated in recent years had started to feel tired, and normcore had become, well, a bit of a bore. It was time for a change and Alessandro gave us precisely that. There were lamé pleated dresses and military coats, floral prints and pussy-bow blouses, berets, thick-rimmed specs and furry loafers. Sounds too much? It was, and it was wonderful. The look is 'thrown together', a hotch-potch of vintage finds sourced in thrift shops and rummaged at car-boots, finished off with a few things passed down from Granny.

So how to pull off the 'insouciance of Gucci Girl' look if your budget doesn't stretch that far? Luckily, it's all in the styling: mid-length hems worn with flat, boyish shoes; a pussy-bow tied loose and long; milky pastels mixed with punchier shades; and mis-matched rings worn all at once. Think Margot Tenenbaum meets Annie Hall – getting dressed this winter is going to be fun.



## HOW TO GET THE LOOK



**Acetate sunglasses**  
£360 lauramiami.com



**Blouse**  
£16 f-f.com



**Metallic leather loafers**  
£349.91 Newbark at  
net-a-porter.com



**Skirt** £45  
benetton.com



# TONI & GUY

CREATE YOUR **LOOK** FROM THE **HAIR** DOWN

Daisy wears **3D Volumiser** for voluptuous body and shine.

AVAILABLE IN A  
**STORE NEAR YOU**

# Natalie Hartley wears ... RED

IT'S THIS SEASON'S HOTTEST COLOUR – FOR DAY OR NIGHT



Play with different shades of red – try burgundy in a fabric like PVC to add contrast and a '60s spin

**Patent leather coat** £458 claudiepierlot.com;  
**cotton sweater** £275 and  
**cotton skirt** £220 both  
Victoria Beckham Denim  
at harveynichols.com;  
**calf leather boots** £745  
Laurence Dacade at  
brownsfashion.com;  
**gold-plated necklace**  
£99 swarovski.com;  
**gold-plated sterling-silver  
hoops** £99 thomassabo.  
com; **rings** Natalie's own

Head-to-toe red needs an edge with cool new shapes, such as flute sleeves and cropped bell bottoms. Don't forget to add a red shoe

**Cotton-mix sweater**  
£580 Thomas Tait at  
matchesfashion.com;  
**denim jeans** £185  
Marques'Almeida  
at selfridges.com;  
**suede boots** £390  
dorateymur.com;  
**gold-plated sterling-  
silver hoops** £99  
thomassabo.com;  
**rings** Natalie's own

Clash your colours – pink and red are perfect partners – and try out a double-breasted suit for a new way to wear tailoring

**Poly-mix blazer** £75 riverisland.com; **cashmere roll-neck** £425 johnsmedley.com;  
**poly-mix trousers** £38 riverisland.com; **suede boots** £325 lbennett.com;  
**leather bag** £280 gerarddarel.com; **rings** Natalie's own

Follow Natalie on Instagram @nataliehartleywears

# STEP IT UP

IN THE HIGH STREET'S BEST ANKLE BOOTS

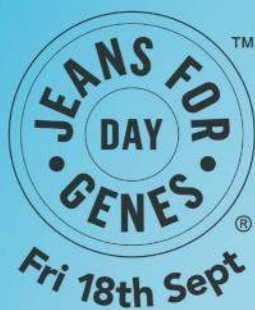


Clockwise from top left  
**Faux-snakeskin leather**  
£160 kurtgeiger.com;  
**leather** £80 next.co.uk;  
**patent leather** £55  
riverisland.com; **velvet**  
£50 asos.com; **leather**  
£82 topshop.com

A woman is seated on a wooden stool, leaning forward. She wears a brown cowboy hat, a white long-sleeved shirt with a colorful Western pattern (including horses, stars, and a sunburst), and white platform boots. She holds a mustard yellow handbag. The background is a white surface covered in a dense pattern of small black stars and larger, colorful illustrations of Western scenes: cowboys on horseback, a cowboy with a lasso, a cowboy on a rearing horse, and a cowboy with a lasso. The overall style is whimsical and Western-themed.

# BIMBAY LOLA

#THISISBUFFALOBILL  
BIMBAYLOLA.COM



WHATEVER  
YOU DO ON  
18TH  
SEPT DO IT  
IN JEANS

**Do something extraordinary in jeans.**

Sign up for Jeans for Genes Day 2015 and help us change the lives of children affected by genetic disorders in the UK.

Like Angela's t-shirt? Buy the limited edition 2015 t-shirt on our website.

[jeansforgenesday.org](http://jeansforgenesday.org)



Designed by Ellie McKee, Edinburgh College of Art. Modelled by Angela Scanlon.

# Let's dress up

NORMCORE IS DEAD — BRING ON THE GLAMOUR  
WITH THIS SEASON'S SEXY CLASSICS

## THE TUXEDO

Forever a classic. Opt for timeless black, with a slim fit, for the perfect day-to-night option.



HUGO BOSS

Wool-mix jacket  
£210 and wool-mix  
trousers £125 both  
comptoirdescotonniers.co.uk



ALTUZARRA

## THE SPLIT DRESS

Splits are in... so show some leg. Keep it elegant with a high neckline.



Nylon-mix  
dress £39.99  
hm.com



LOUIS VUITTON

## THE SLIP DRESS

Simplicity is key here. It's your new LBD — and your new best friend!

Silk-mix slip  
dress £45  
intimissimi.com



## THE LACE BLOUSE

Perfect with your tux, but don't go Victoriana — pick a lighter lace for a more seductive look.



EMILIO PUCCI



Silk-mix  
blouse £45  
warehouse.  
co.uk

## THE FAUX FUR

Adds a touch of old-school glamour to any outfit. Stick to a longer length in a classic brown.

Faux-fur coat  
£295 whistles.com



RALPH LAUREN

## THE KITTEN HEEL

Less daunting than a stiletto, but still super-sexy. It's the perfect shoe to lift an outfit without making walking impossible.

Leather shoes  
£45 schuh.com




LOUIS VUITTON



LOUIS VUITTON

# GLAMOUR

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# Love, Want, Need

THE SIX PIECES WE JUST HAVE TO HAVE THIS SEASON

## STYLE TIP

PAIR YOUR  
KNEE-HIGHS WITH  
A MID-LENGTH  
SKIRT



**Leather cross-body bag**  
£310 [longchamp.com](http://longchamp.com)



**Metal cuff** £39  
[stories.com](http://stories.com)



**Leather gloves** £200  
[jane-carr.com](http://jane-carr.com)



**Leather boots** £250 Topshop  
Unique at [topshop.com](http://topshop.com)



**Leather bag** £750  
[loewe.com](http://loewe.com)

**Metal earrings**  
£15 Limited  
Edition at  
[marksand  
spencer.com](http://marksandspencer.com)



**STYLE TIP**  
CLASH YOUR  
PATCHWORK WITH  
A BOLD PRINT



## SMASH HIT

Paying homage to Lacoste's founder, legendary tennis player René, these cute tops are an autumn style hit.

Camel top £215,  
grey top £170  
lacoste.com



## ALL EYES ON YOU

The Dior Addict Fluid Shadow is going to change the way you do your shadow. Its lightweight fluid bathes the eye in metallic light, giving a gorgeous glossy finish. We love it. £25 dior.com



## DENIM DO

Dungarees are this season's shortcut to cool – and we're totally crushing on this dark denim pair from G-Star Raw. Great for every day, dress them up with heels for night.

Dungarees, £130,  
sweater £90  
g-star.com

# GLAMOUR LOVES



Our guide to this month's must-haves

## HOT ON YOUR HEELS

It's all about the ankle boot this season, and these go-with-anything beauties by Russell & Bromley are straight in at No1 on our wish list. £255 russellandbromley.co.uk



## GO FOR GLOW

"Summer staycation in my flat? Me? Oh no, it was sunlounger, pool and yoga every day..." Or so you can say, thanks to the brilliant Les Beiges Healthy Glow Sheer Colour Stick from Chanel, £32, which gives a gorgeous flushed look. 020 7493 3836.

By **Claudia Mahoney** and **Jo Holley**

*We love this*



**Sunglasses**  
£96 Calvin Klein Eyewear  
at marchon.com

**Jacket** £139.99,  
**top** £34.99,  
**skirt** £34.99,  
**bag** £34.99  
all mango.com



## C'EST CHIC

Put some Parisian ooh-là-là in your wardrobe with the new Claudie Pierlot x Saint James collaboration. This matelot wool stripe jumper with silk neck scarf is the perfect off-duty piece (did someone say minibreak?).

£209 claudiepierlot.com



## Go boho

We're so excited about the relaunch of atterley.com with a cool own-label collection. And this sophisticated-meets-bohemian dress is a key look of the season. Yep, something tells us we're going to be visiting this site a lot. £115 atterley.com



## WRAP IT UP

When it comes to style, Mango's got our backs covered – quite literally – with this amazing winter coat. In fact, this whole look has us planning a shopping trip, pronto.

## STUCK ON YOU

Hold on to your handbags – here's another genius idea from Anya Hindmarch. She's the queen of covetable bags, complete with her own inimitable witty twists – and now you can add your own, with these fun stickers. How can we resist? Bag £795, stickers from £35 anyahindmarch.com ▶





## TRUE BLUE

New jeans? Yes please. (Like we'd ever say no...) And this classic slim-fit pair from Timberland go straight to 'essentials'. £120 timberlandonline.co.uk



## little beauty

As every handbag aficionado knows, there's no chicer arm candy than a MICHAEL Michael Kors bag. So we predict a stampede for this gorgeous Callie cross-body bag. See you at the front! £260 michaelkors.com

## COVER UP

Winter may be coming (boo!), but that means... new coats (yay!). And the chic collection at Banana Republic has us *almost* wishing the cold weather would hurry up (we said 'almost'). £150 bananarepublic.co.uk



## GAME ON

The sports luxe trend is still going strong – and this outfit by Comptoir des Cottonniers is a winner. Chic but relaxed, it's the perfect way to score style points this season. Jumper £95, trousers £125 comptoirdescottonniers.co.uk



## Hair hero

Give damaged hair some TLC with Kérastase's Soin Premier Thérapiste, £30.50. Designed to be massaged into hair before shampooing, it creates a barrier to protect fine hair from the stripping action of cleansing, leaving it soft and totally swooshy. kerastase.co.uk



## DREAM PIECE

Drum roll, please... the brilliant H&M Studio collection hits stores (and online) on September 10, and this sleek PVC skirt is the perfect day-to-night number for autumn (yep, we'll *totally* be wearing it to work on the 11th). £139.99 hm.com

**INSTA-GLAM**  
Go from day to night by adding these pretty amethyst drops. 9ct white gold £172 [gemporia.com](http://gemporia.com)

### STYLE IT SIMPLE

Subtle. Sophisticated. Perfect for any occasion. 18ct yellow gold cuff £2,000 [linksoflondon.com](http://linksoflondon.com)

### MIX IT UP

It's official: gold and silver are a hot-right-now combination, as these rings prove. £40 each [follifollie.co.uk](http://follifollie.co.uk)

# COOL JEWELS

Add a little sparkle with our accessories edit

### GET CHARMED

Customise this leather bracelet to create your own unique look. bracelet £35, charms from £15, [endlessjewelry.eu](http://endlessjewelry.eu)

### STATEMENT SHINE

This pretty pendant has just the right amount of shimmer. £75 [guess.eu](http://guess.eu)

### HEART THIS

Add a quirky, boho touch with these cool earrings. 14ct gold and sterling silver £70 [pandora.net](http://pandora.net)

### GO BOLD

Make a statement with this show-stopper cuff. £395 [swarovski.com](http://swarovski.com)

### SWEET AND CHIC

Keep it pretty with this delicate silver bracelet. £45 DKNY at [ernestjones.co.uk](http://ernestjones.co.uk)

### MODERN PEARLS

Update a classic look with these elegant ear jackets. £155 [thomassabo.com](http://thomassabo.com)

### STACK IT

Give the illusion of multiple rings with this stand-out single piece. £115 Michael Kors at [beaverbrooks.co.uk](http://beaverbrooks.co.uk)



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Elegant. Luminous. Unique.  
Our reds, like never before.



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**See what they say at [garnier-olia.co.uk](http://garnier-olia.co.uk)**

\*Instrumental test. Olia Carmin-R technology vs. previous Garnier red technology.  
\*\*KantarWorldPanel Purchase - Shopper Numbers - Sept 2012-March 2015

**GARNIER**

ALL KINDS OF GORGEOUS

# fastglamour

*Beauty*



Photograph: Jason Lloyd-Evans

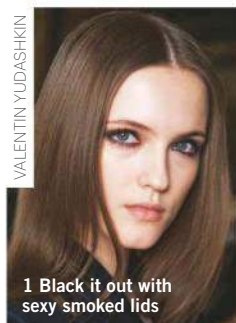
EMANUEL UNGARO

LOAD UP YOUR LIPS WITH THIS SEASON'S HOTTEST HUE – BLACKCURRANT

# The month in bold eyes

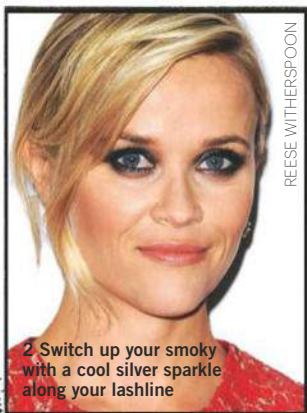
WHY SHOULD LIPS HAVE ALL THE FUN?  
BY DOMINIQUE TEMPLE

VALENTIN YUDASHKIN



1 Black it out with sexy smoked lids

REESE WITHERSPOON



2 Switch up your smoky with a cool silver sparkle along your lashline

DOUTZEN KROES

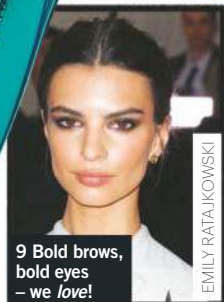


6 Recreate a supermodel flutter with a feline flick

5 Wonder'full Waterproof Mascara £7.99 Rimmel

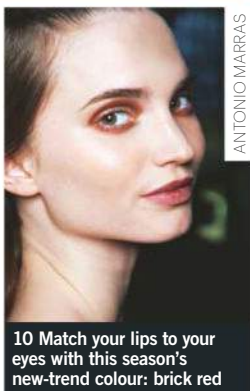


EMILY RATAJKOWSKI



9 Bold brows, bold eyes – we love!

ANTONIO MARRAS



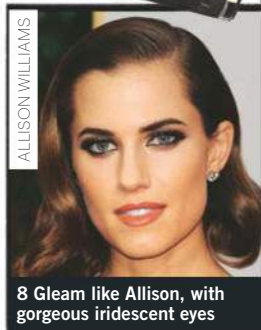
10 Match your lips to your eyes with this season's new-trend colour: brick red

KHLOE KARDASHIAN



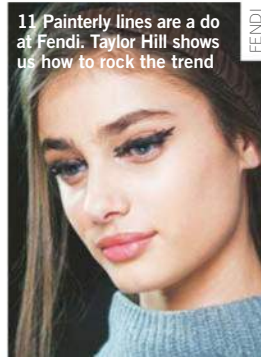
7 Make your eyes pop with a cool blue shade inside your lashline

ALLISON WILLIAMS



8 Glean like Allison, with gorgeous iridescent eyes

FENDI



11 Painterly lines are a do at Fendi. Taylor Hill shows us how to rock the trend

DIOR



3 Make a statement with beautifully coloured eyes, like the Dior girls

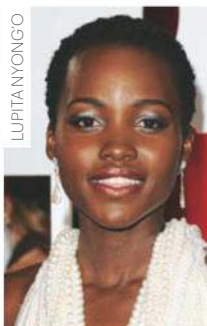
4 Full Metal Shadow in Grey Splash £21  
yslbeauty.co.uk





ANTONIA BERARDI

12 Coloured liner is here to stay



LUPITA NYONG'O

13 Blend a silver cream shadow to fill your socket for serious glam



OLIVIA WILDE

14 Go graphic with your liner, by pulling out the corners into a point



15 Magnetic Color Shadow Mono in Iconic Ottanio £27 Gucci



RITA ORA

16 Amp up your inner rock chick and layer shadow and liner



17 Dual-Intensity Eyeshadow in Pasiphae £21 narscosmetics.co.uk



GIAMBATTISTA VALLI

18 We love this understated but bold mascara



BEYONCÉ

19 Wing it like Queen B for a cool red-carpet style



MARY KATRANTZOU

20 New trend alert! Doll-like lashes are your new BBF (that's Beauty Best Friend)



ROCHAS

21 Feeling daring? Go super-graphic with this floating liner



BERENICE MARLOHE

22 For a super-feminine look, add full false lashes to make your eyes pop



RODARTE

23 Grown-up glitter never looked so chic



BELLA HADID

25 Pair statement eyes with minimal make-up for a chic grunge vibe



BEHATI PRINSLOO

26 Recreate Behati's cat-eye using inky black liner



SOPHIE THEALLET

27 Work colour into your look and mix purple and pink shadow for bright eyes



JOAN SMALLS

28 Love colour? Coat your lids with a show-stopping blue



24 They're Real! Push-Up Liner in Beyond Purple £18.50 benefitcosmetics.co.uk



JLO

29 Now, that's how to do a smoky eye. 10/10 Jennifer Lopez

THERRY MUGLER



30 Get arty with your make-up and try this avant-garde style



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THREE SMOKIN' HOT STYLES  
— THAT'S AUTUMN SORTED



LAETITIA GUARINO

The Glossy Wave

## MID-LENGTH

"Heavily layered, this cut is hugely versatile — the perfect 'no hassle' style." **Philip Downing, TIGI creative team**



ROSIE HUNTINGTON-WHITELEY

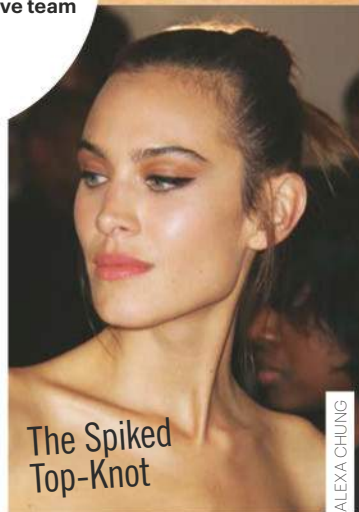


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The Side-Roll



ALEXA CHUNG

The Spiked Top-Knot



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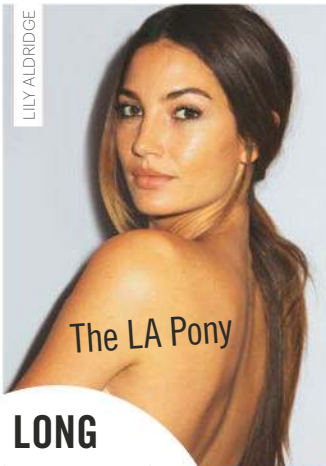
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LILY ALDRIDGE

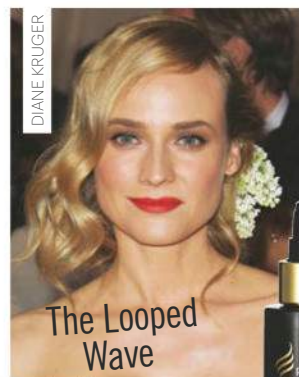
The LA Pony

## LONG

"Long hair is so versatile – you can make countless styles work. This is the way to wear long hair now, with luxurious weight and heavy movement."

**Adam Reed, L'Oréal  
Professionnel editorial  
ambassador**

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THE ROOTS BEING PULLED  
DOWN FLAT BY THE LENGTHS



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Wave



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A Day  
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TIGI



SIENNA MILLER

The  
Twisted  
Pleat

## SHORT

"This is the classic bob with a more structured, straighter finish – the cut has a softness, but it's not too wispy. It has a good amount of hair, so you're not limited to one style." **Adam Reed**



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The Smooth Bob



JULIANNE HOUGH

The Beach  
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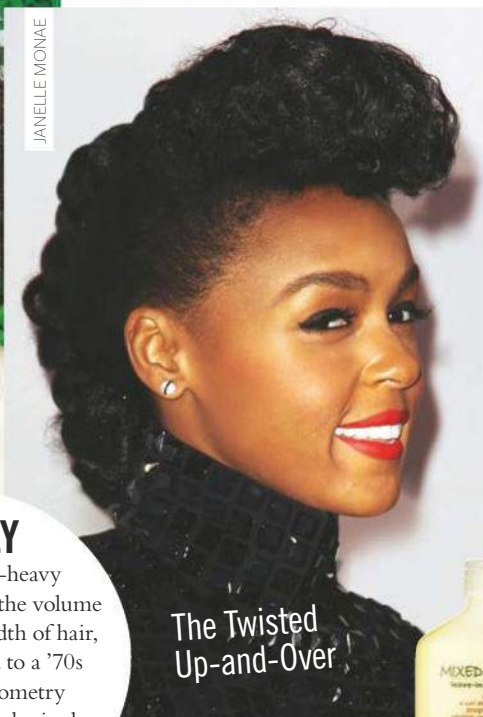
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JANELLE MONÁE

## CURLY

"The bottom-heavy silhouette, where the volume is through the width of hair, is a modern nod to a '70s shape. The geometry of the cut is emphasised by an Afro texture."

Philip Downing

The Twisted Up-and-Over



**Leave-In Conditioner**  
£15.95  
Mixed Chicks at selfridges.com



TEYONAH PARRIS

The Sleek-and-Low

Rare Blend Deep Conditioner  
£29 Ojon



YAYA DACOSTA

The Side Sweep



**Curl Defining Gel** £15  
bouclème.co.uk

NATURALLY CURLY HAIR HOLDS UP-DOS SO WELL, ALL YOU NEED ARE A COUPLE OF PINS

By Grace Timothy. Photographs: Rex Features.  
Still lifes: Jody Todd

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# MATTE Vs GLOSS

WHY CHOOSE? ROCK BOTH LIP LOOKS THE A-LIST WAY



LILY ALDRIDGE

## THE MATTE MOVEMENT

CHIC AND ON TREND

"Prep and prime lips before applying colour, so that you have a smooth canvas," says Kirstin Piggott, Rimmel London's global make-up artist.



ROSIE HUNTINGTON-WHITELEY

## THE GLOSSIES

GLAMOROUS AND EASY TO WEAR

DO

"Blot lips with a tissue and layer on another coat – it prevents gloss from bleeding and helps it stay on for longer," says Kirstin.

## THE FACTS

"Matte textures are long-lasting as they don't slide around, but that also means lips can look smaller," says Kirstin.

"Glossy textures are light-reflective and help create the illusion of fuller lips," she adds.

## PAIR WITH

Dewy skin, mascara and polished brows.

Velvet skin, mascara and brushed-up brows.

## WE LOVE



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Rouge Artist Intense  
in Satin Blackcurrent  
£16 Make Up For Ever

Velvet Mat Satin  
Lipstick in 709 £6.90  
kikocosmetics.co.uk



Infallible Mega Gloss in 501 £6.99 L'Oréal Paris

Revolution High-Color Lip Gloss in  
Brickhouse £15 Urban Decay

Oh My  
Gloss!  
Lip Gloss in Rebel  
Red  
£5.49  
Rimmel  
London

# ONE FOR ALL

8 MAKE-UP SHADES  
THAT SUIT *EVERYBODY*.  
BY GRACE TIMOTHY

There are certain colours that just look good on everyone, the ones that make-up artists wouldn't be without. Enjoy your own surefire hit with these can't-go-wrong gems.

"Salon Pro Lycra Polish in Soul Session [£4.49 Rimmel] sits in the middle of the colour scale as a true neutral, making it suit both warm and cool skintones, and everything in between." **Backstage manicurist David Barton**



"I have used Masterpiece Colour Precision Eyeshadow in Coffee [£6.99 Max Factor] on so many faces – it's a cross between a soft brown and a taupe, and sits beautifully against any skin colour." **Max Factor make-up artist Caroline Barnes**



"Pure Color Blush in Lover's Blush [£27 esteelauder.co.uk] gives light skins a warm glow, and softly contours darker skins." **Caroline Barnes**



"I think Shimmer Eyeshadow in Ondine [£18 narscosmetics.co.uk] is a great good-for-all colour – it's shot through with a little Champagne shimmer, so its texture is as wearable as its colour." **Celebrity make-up artist Andrew Gallimore**



"Sinner Lipstick in Red Sinner [£20 Lipstick Queen] is equal parts warm and cool pigments. It's 50% blue-based and 50% orange-based, resulting in a true red that suits everyone." **A-list make-up artist Angela Davis Deacon**



"Touche Éclat Blur Perfector [£31.50 yslbeauty.co.uk] has allowed me to halve the powders I carry for work – it works on everyone to mattify and uniform the skin perfectly, so I can't live or work without it!" **Celebrity make-up artist Mary Wiles**



"The one nail colour that suits everyone has to be the deep, rich and cool Nail Lacquer in Malaga Wine [£11.95 opiuk.com] – it's a winner every time." **Nail expert Trish Lomax**



"Lip Color in Blush Nude [£37 Tom Ford] is a great nude that somehow works on everyone I've applied it to. It has just enough pink to bring a face to life." **Mary Wiles**



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Vive £79 for  
100ml EDT  
Chanel



Les Infusions de Prada Fleur d'Oranger  
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Chloé £58 for 60ml EDT Chloé\*



Illicit £78 for 100ml EDP jimmychoo.com



# #ASK Alex

Insider advice from our Beauty Director,  
**Alessandra Steinherr**. This month: the pros' skincare secrets

**F**or facial experts, having a flawless face is kind of a job requirement. But while they're focused on making everyone else look great, who makes *their* complexions look pristine? Well, they do – and here are the personal routines of the UK's top skin gurus; the women I tap up for tips to keep my skin looking good.

## Kate Kerr

@katekerrlondon\_facialist  
katekerrlondon.co.uk  
**BOOK** An Advanced Clinical Facial

"I give myself a facial every week. I focus on deep cleansing and skin renewal – this regimen is perfect if you have a big event coming up."

**1** "I use **Hydratime Remover** [£19.95 synchroline.com] to thoroughly cleanse without upsetting the skin's barrier – and then

I tone with **Equalizing Toner** [£29 skinceuticals.co.uk], which contains a blend of hydroxy acids to exfoliate. It also has an antibacterial effect."

**2** "Next, I apply **Clarifying Clay Masque** [£38 skinceuticals.co.uk] to further decongest and remove excess oil.

**3** "To enhance hydration, I apply a layer of **Hydra8 B5** [£23.90 Medik8], followed by **Retexturing Activator** [£40 skinceuticals.co.uk] to soften and replenish moisture, and I finish with a thick layer of **Hydrating B5 Masque** [£49 skinceuticals.co.uk] massaged in for a few minutes. This combo is extremely hydrating and calming, so I leave it on overnight for ultimate hydration."



## Marie Reynolds

@mariereynolds\_london  
mariereynoldslondon.com  
**BOOK** The Master Lift

**1** "I cleanse with **Ormedic Balancing Facial Cleanser** [£25 Image Skincare]. It's pH balanced, so there is no need for a toner afterwards."

**2** "My number one product is **Iluma Intense Lightening Serum** [£47 Image Skincare at skingeeks.co.uk], which brightens my skin and fades pigmentation. I follow that with **RHA Serum** [£79 teoxane-beauty.co.uk] and **Advanced Filler** [£75 teoxane-beauty.co.uk], which

both contain a resilient form of hyaluronic acid to plump and deeply hydrate."

**3** "I take **Collagen Shots** [£39.95 rejuvenated.co.uk] every day. They contain marine collagen, acai berry and essential B vitamins to support the connective tissue, great for skin and general body health."

**4** "Once a week, I use **Timeless Truth Bio Cellulose Bee Venom + Royal Jelly Miracle Mask** [£7.90 ttmasks.co.uk], which stimulates collagen production (warning: do not use if you are

"Pigmentation is the new ageing – my regimen focuses on reducing the effects of environmentally induced damage and boosting skin's glow."

anaphylactic). And, once a month, I use my **Body Butter Candle in Purity** [£22 marste spa.com] as a hydrating night balm."



## Dr Nigma Talib

@drnigmatalib  
healthydoc.com  
**BOOK** A Non-Surgical Facelift

**1** "My must is a really good cleanser to clear out my pores.

I like something with AHAs or salicylic acid, like **Blemish + Age Cleansing Gel** [£35 skinceuticals.co.uk]."

**2** "Then I apply an antioxidant – in the morning, it's **Super Serum Advance+** [£72 iS Clinical at victoriahealth.com], followed by **Gelcream Colour SPF50** [£28 Heliocare at effortlessskin.com]. At night, I use **Youth Serum** [£137 iS Clinical] – I put it around my eyes too, as it's non-irritating."

**3** "Twice a week, I use the **Goddess Skin Clay Mask** [£45 charlottetilbury.com]. It cleanses my pores and hydrates my face at once. It's great before a night out, as it plumps the skin pre-make-up."

**4** "I mix half a teaspoon of turmeric powder with aloe vera juice, then pour the mixture into ice cube trays and freeze it. I wrap the cubes in a muslin cloth and ice my whole face. It's so anti-inflammatory and de-puffing, great before an important event (turmeric can stain temporarily – but you can easily remove it with a toner)."

"I am a huge believer in fending off inflammation in the body, which is responsible for so many skin issues, from ageing to rosacea."



Christy Turlington Burns  
Model, Mother, Maternal Health Advocate

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Beautiful skin begins within

A close-up portrait of Cara Delevingne with long, wavy, light-colored hair. She is looking directly at the camera with a neutral expression. The background is a soft, out-of-focus mix of purple and pink hues.

# monitor

THE WORD ON THIS MONTH'S HOTTEST

FILMS  
MUSIC  
BOOKS  
TV

Can  
Cara  
cut it?

# As the first of her six upcoming films hits screens this month, we're wondering: can Ms Delevingne actually act?

**F**eel like Cara's big film moment has been a *long* time coming? Well, that's because it has. Two years ago, there were paparazzi pics galore with her *Kids In Love* co-stars at Notting Hill Carnival;

last year she was Instagramming photos from the *Pan* set, and this year she's been unveiled as Enchantress in *Suicide Squad*. But so far, none have hit the box office. So *Paper Towns* has a lot resting on its shoulders. Firstly, it's adapted from the bestselling John Green book of the same name (if you're unfamiliar with his Young Adult books, they have a cult-like following among his fans – see last year's box-office-smashing *The Fault In Our Stars* for further evidence). And after her small, supporting parts in *Anna Karenina* and *The Face Of An Angel*, it's billed as Cara's first leading role.

She plays Margo Roth Spiegelman, a beautiful and wild high-school senior, who heads up the popular clique and lives life as though it's one long 'seize the day' Instagram affirmation. Her nerdy and bookish childhood friend, Quentin (Nat Wolff), can only watch in ardent admiration as Margo 'Manic Pixie Dream Girls' her way through their final year. One night, Margo appears at Quentin's window and persuades him to help her prank all the friends she perceives have wronged her, but the next day she runs away from home. The rest of the film is a coming-of-age tale: as Quentin and his friends (Justice Smith and Austin Abrams) try to solve the puzzle of Margo's whereabouts, they learn about who they are and who they're going to be.

So does Cara nail it? Well, her American accent is solid – a sexy and gravelly drawl – so that's a good start. And she's charismatic, compelling and totally believable as free-spirited Margo. Saying that, the character isn't *much* of a leap from the charismatic and free-spirited supermodel Cara already is. It's also a *slight* stretch to say she's the lead – while Margo is

the focus of the boys' search, she's not actually visible on screen for that much of the film. Even so, it's an impressive start, and you're totally sucked in by the mystery that is Margo – no mean feat when you're so familiar with Cara's face that it's hard to imagine her as anyone else. The film's main problem is that *Paper Towns* just isn't as captivating a story as *The Fault In Our Stars*. But its theme of how someone grows into the person they're going to be is an apt metaphor for Cara's career – it's a glimpse of her promise and great things to come.

*Paper Towns* is out on August 17

"You're totally sucked in – no mean feat when you're so familiar with Cara's face that it's hard to imagine her as anyone else"

By Helen Whitaker. Photographs: Getty Images, Splash News, Landmark Media, Alstar/BBC Films



From top Cara with Will Poulter in *Kids In Love*; in *Paper Towns*; as Melanie in *The Face Of An Angel*; in *Pan*; with Aaron Taylor-Johnson in *Anna Karenina* ▶

## GlamReels

The month's must-sees



**GEMMA BOVERY** Gemma Arterton plays the bored wife to perfection in this film based on Posy Simmonds' graphic interpretation of the mid-19th-century novel *Madame Bovary*. Gemma and husband Charles (Jason Flemyng) start a new life in the Normandy countryside, but she soon ends up in the arms of a young law student. The story is told by a local baker who sees parallels with his neighbour's life and the tragic book. With lush landscapes, gossipy dinners and bread-making as sensual art, you'll be booking those Eurostar tickets *toute de suite!* ★★★★★



**THE WOLFPACK** For their entire childhood, the Angulo children – six teenage brothers and a younger sister – were confined to their Manhattan apartment, so to make sense of the outside world, they re-enacted their favourite movies. The true picture of their parents remains out of reach, but it involves a paranoid, alcoholic father and a mother too scared to stand up to him. The director met the boys on one of their first days out of the apartment, and became a quiet observer of their story. You won't see a better documentary than this. ★★★★★

## Sound of summer

Six stellar albums.  
One amazing playlist

### ELLA EYRE *Feline*

The Brit winner's debut album is a gutsy, full-throttle record that doesn't really stop for breath (bar the one beautiful, bluesy ballad, *Even If*). From the frenetic drum and bass bed of *Always*, to the lyrical swagger of *Typical Me*, it's high-energy, in-your-face music that leaves you pumped up and ready to party. We wouldn't be surprised if another Brit award was on the cards. ★★★★★

GLAMOUR  
MUST-HEAR

### RHODES *Wishes*

With a 'less is more' approach, similar to Bon Iver and Alt-J, Rhodes knows how to pack an emotional punch into his indie ballads. It's moody and intense, and we love the drama of *You & I* and the stripped-back brilliance of *Losing It*, which really lets those husky vocals shine. An accomplished debut album. ★★★★★

### NATALIE IMBRUGLIA

#### Male

Covering tracks originally sung by male artists – from The Cure's *Friday I'm In Love*, to Damien Rice's tear-jerker *Cannonball* – Imbruglia puts a clever twist on some classic tunes. Her version of Daft Punk's *Instant Crush*, for instance, loses the electro buzz of the original to reveal the heartbreak of the lyrics. A covers album that feels fresh. ★★★



## THE LIBERTINES

### **Anthems For Doomed Youth**

It's 11 years since Carl Barât and Pete Doherty released their last album. The reggae-tinged lead single, *Gunga Din*, feels like new territory, while a gentle, piano version of their hit *You're My Waterloo* reveals their softer side. But we're back to good old grungy Britpop with *Heart Of The Matter* and *Barbarians*, reminding us why we fell in love with them in the first place.

★★★★



## FRANK TURNER

### **Positive Songs For Negative People**

Before he was a folk-rocker, Turner played in a hardcore punk band, and he's channelling some of that in his sixth album – swapping his acoustic guitar for an electric one on some tracks. The bouncy, ska vibes of *Out Of Breath* and the strangely beautiful mandolin on *The Opening Act Of Spring* are standout moments. ★★★★★



## JESS GLYNNE

### **I Cry When I Laugh**

How to beat four top-ten singles in 12 months? By releasing a debut album that's summery R'n'B perfection.

The joyous *Ain't Got Far To Go* and *Gave Me Something* are rousing soul-pop at its best, while the thumping club beats of *It Ain't Right* are dancefloor catnip. But, of course, it's all about Glynne's effortless, sultry vocals. Seriously, we can't get enough of that voice. ★★★★★



## GlamReads

Stories long and short – this month has it all



### **THE OTHER SIDE OF THE WORLD**

by **Stephanie Bishop**

In this '60s-set drama, Charlotte is persuaded by her husband, Henry, to uproot their young daughters and move from

grey England to sunny Australia. But life isn't all idyllic and their marriage begins to crumble, leading to a shocking decision. Intelligent and poignant.

GLAMOUR MUST-READ

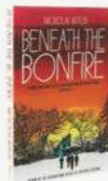


### **THE SUNSHINE CRUISE COMPANY**

by **John Niven**

Niven is known for his darkly comic, violent novels, and this new one doesn't disappoint. The crime caper

sees some nice middle-class English ladies robbing a bank before escaping to the French Riviera. Totally ridiculous, entirely brilliant.



### **BENEATH THE BONFIRE**

by **Nickolas Butler**

After last year's hit, *Shotgun Lovesongs*, Butler's back on his Midwest home turf with this brilliant short-story collection.

He writes lyrically both about the place – all pick-up trucks, sitting on porches and frozen winter lakes – and its people. The one about the warring couple is just heartbreaking.



### **BARBARA THE SLUT AND OTHER PEOPLE**

by **Lauren Holmes**

The twentysomething slacker who gets a job in a sex shop by pretending to be a lesbian and then has to live out her

lie. The dog that documents the break-up of his owners. The woman who invites a casual shag to live with her. New Yorker Holmes's short-story collection introduces a series of brilliant/bonkers narrators. *Girls* fans, in particular, will enjoy her riffs on modern love and friendships. ►

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# Nothing on TV?

Catch up on these streaming-service gems instead

## SENSE8

Eight strangers in eight different cities suddenly become telepathically connected. How? And why? Well, that's what this high-concept sci-fi thriller from the *Matrix* creators slowly untangles: the vibe is *Lost* meets *Heroes*. Daryl Hannah steals the show as the otherworldly Angel. *S1 on Netflix*



## TRANSPARENT

There's a reason this drama – about a gloriously unconventional family with a transgender parent – won a Golden Globe. It's funny, powerful and heartbreaking – and the writing is some of the best you'll see on the small screen. Catch up before Season Two starts in the autumn. *S1 on Amazon Prime*



## PORTLANDIA

In this hipster-baiting (and Emmy-winning) sketch show, comedians Carrie Brownstein and Fred Armisen play a variety of recurring characters – from the owners of a feminist bookshop to members of the indie band Cat Nap. The satire is spot on, and there are guest appearances from the likes of Kristen Wiig. What's not to love? *S1-3 on Netflix*



## EXTANT

Halle Berry stars as an astronaut who's spent 13 months in space on a solo mission. The creepy twist: she's mysteriously pregnant. Exec-produced by Steven Spielberg, the show has big-budget special effects, but it's the atmosphere – tense and a little unnerving – that has you hooked. *S1-2 on Amazon Prime*



## COMMUNITY

Over its six seasons, this sitcom has built up a dedicated cult following. It follows a mismatched group of students at an adult community college – including comedy legend Chevy Chase as a bored billionaire – and it's as simple as that. The humour is sharp (taking aim at pop-culture clichés) but ultimately warm and charming, in the vein of *Parks And Recreation*. *S1-5 on Netflix*



## BOSCH

Harry Bosch (*The Good Wife*'s Titus Welliver) is a troubled LAPD homicide detective who likes to do things his way. OK, so the brooding, rule-breaking cop character isn't new – but the masterful pacing makes it gripping. Choose this if you prefer your police dramas more *True Detective* than *CSI*. *S1 on Amazon Prime*



## On with the show

To see or not to see these theatre hits? (Answer: go see!)



**HAMLET** Every A-lister has to tackle Shakespeare's ultimate anti-hero on stage – and like David Tennant, Jude Law and Mel Gibson before him, it's Benedict Cumberbatch's turn in the Barbican production. Tickets have sold out, but you can watch Benedict get his Bard on at one of the NT Live screenings happening across the country in October. Screenings from October 15, [ntlive.nationaltheatre.org.uk](http://ntlive.nationaltheatre.org.uk)



**KINKY BOOTS** The Tony Award-winning musical adaptation of the hit film – about a Northampton shoe factory that starts making high heels for drag queens – comes to London's West End. Killian Donnelly stars as Charlie, the factory owner, with *The Voice* finalist Matt Henry as Lola, the drag queen who befriends him. With music by Cyndi Lauper, it takes 'feel good' and cranks up the dial to 100. From August 21, Adelphi Theatre London, [kinkybootsthemusical.co.uk](http://kinkybootsthemusical.co.uk) ©

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# READY FOR THE NEW SEASON?



\*'80s cool



\*Hot beauty  
trends



\*Rita's style  
secrets

# YOU ARE NOW!

NORA

Silk lamé dress £2,125 Loewe;  
leather boots price on request  
j-w-anderson.com; metal belt  
£35 Black & Brown London



# The '80s mix

DRESS UP,  
STAND OUT AND  
HAVE FUN WITH  
THE SEASON'S  
FLASHBACK  
TO FASHION'S  
BOLDEST DECADE

Photographs by **David Dunan**

Stylists **Natalie Hartley,**  
**Mari David, Danielle Van Camp**

Models: Nora Attal, Cheyenne Keuben,  
Sasha Antonowskaia, Laetitia Catzefflis,  
Margott Bialik, all at Viva London



**SASHA**  
**Black PU dress** £1,500  
Emilia Wickstead; **black and**  
**silver leather shoes** £545  
rogervivier.com; right hand:  
**white and silver-plated brass**  
**ring** £190 Eddie Borgo;  
left hand: **silver double ring**  
£350 Charlotte Chesnais  
at matchesfashion.com

MARGOTT

Polyester top £80 jcrew.com;  
leather snakeskin-print  
waistcoat £2,005 Chloé;  
wool trousers £395 Emporio  
Armani; leather boots £675  
Loewe; silk scarf £110 Marc  
by Marc Jacobs; gold-plated  
bronze choker £358 Annelise  
Michelson; sterling silver  
chain £30 pandora.net;  
leather belt £70 Black &  
Brown London





Patent leather coat  
price on request  
Christian Dior



**Black and white leather and pony hair jacket** from a selection Philipp Plein; **black and white sequined dress and sequined thigh-high boots** both price on request emiliopucci.com

Opposite page  
**CHEYENNE (left)**

**Laminated cotton jacket** £1,550 bally.co.uk; **cotton-mix polo-neck** £35 americanapparel.co.uk; **leather boots** £3,320 Proenza Schouler; **leather collar** from a selection Phyléa; **white-gold cuff** price on request Dauphin at doverstreetmarket.com

**Right**

**Silk dress** £1,556 Anthony Vaccarello at matchesfashion.com; **leather boots** £1,141 Rochas at matchesfashion.com; **silver-plated bronze earring** £215 Annelise Michelson; **silver and cubic zirconia earrings** £70 pandora.net; **silver bracelet** £130 meilirose.com





LAETITIA Cotton shirt £239 Naco Paris; **leather trousers** price on request Veronique Leroy at Opening Ceremony; **leather shoes** £250 Amélie Pichard; **leather choker** price on request Zana Bayne; **silk scarf** price on request Hotel Particulier; **leather belt** £234 Veronique Leroy at Opening Ceremony; **faux-fur keyring** £25 Essentiel

Nylon top £565 and nylon skirt (just seen) £650 both [j-w-anderson.com](http://j-w-anderson.com)



**Cotton and leather top** £600

David Koma at [fwrd.com](http://fwrd.com);

**cotton skirt** £1,200 David

Koma at [brownthomas.com](http://brownthomas.com);

**silver-plated bronze necklace**

£895 Annelise Michelson;

right hand: **sterling silver**

and **Swarovski crystal ring**

£198 H&H Nails; left hand:

**sterling silver and Swarovski**

**crystal ring** (part of set)

£495 and **sterling silver and**

**Swarovski crystal nail ring**

£192 both H&H Nails





**Blue wool top** £730,  
**blue wool knit skirt** £630  
and **black metal belt**  
£1,460 all Louis Vuitton

**Black leather jacket** from £1,900 Coach; **black latex and metal bra** (over shirt, just seen) from a selection Phylea; **white silk shirt** £255 dkny.com; **silver Lurex top** £115 Sandro; **black silk skirt** £345 Iris Van Herpen; **black leather shoes** £569 MM6 at maisonmargiela.com; **silver earrings** £70 thomassabo.com; **black leather belt** £50 karenmiller.com; **fabric tied around body** stylist's own





**Left**

**Silk sequin top** £1,450

Astlish at [brownsfashion.com](http://brownsfashion.com);  
**wool trousers** £695 Michael  
Kors Collection; **leather**  
**shoes** £520 Carven;  
**silver-plated bronze choker**  
£652 Annelise Michelson;  
**stainless silver watch** (just  
seen) £775 Raymond Weil

**Right**

**Cotton-mix waistcoat** £44.99

Mango Premium; **cotton**  
**T-shirt** £24.50 G-Star Raw,  
customised by stylist; **wool**  
**trousers** £850 Loewe; **silk**  
**scarf** £65 [marc-cain.com](http://marc-cain.com);  
**thick leather belt** £105  
Replay; **thin leather belt**  
£45 [karenmillen.com](http://karenmillen.com)

Wool blazer £425 Theory;  
cotton T-shirt £18  
timberlandonline.co.uk,  
customised by stylist;  
silk shorts (just seen) price on  
request viviennewestwood.com;  
plastic brooch price on request  
Walter Van Beirendonck





**Black leather jacket** £340 [comptoirdescotonniers.co.uk](http://comptoirdescotonniers.co.uk);  
**dark blue denim jeans** £198 AG Denim at [harrods.com](http://harrods.com)



**Left**

**Grey apron** £250 Shaun Samson; **blue and white polyamide top** £471 Veronique Leroy

**Right**

**Black and grey cotton apron** £250 Shaun Samson; **white cotton T-shirt** £7.50 marksandspencer.com, customised by stylist; **white printed jeans** price on request Ground Zero; **white leather shoes** price on request cheapmonday.com; necklaces, from top: **sterling silver** £35 and **sterling silver** £45 both pandora.net; **sterling silver** £45 thomassabo.com



**Wool blazer** £595 dkny.com; **polyester top** price on request Misha Nonoo; **lamine trousers** £395 houseofholland.co.uk; **leather boots** £750 bally.co.uk; **leather belt** price on request RVDK; **brass and gemstone hoop earring** £115, **brass stud** £115, **brass and semi-precious stone bracelet** £265 and **gold-plated brass bracelet** £135 all Eddie Borgo



**Leather jacket** approx £1,245 Faith Connexion; **wool-mix top** approx £1,245 Julien David at net-a-porter.com; **silver-plated bronze earrings** £145 (per earring) Annelise Michelson



**Lamé knit** £480 and **cotton jersey bodysuit** £250 both [missoni.com](https://www.missoni.com);  
**leather boots** price on request [j-w-anderson.com](https://www.j-w-anderson.com)

**Black nylon shirt** £1,530  
Marco De Vincenzo at  
matchesfashion.com; **white**  
**cotton T-shirt** £14 next.co.uk,  
customised by stylist;  
**blue wool trousers** £795  
stellamccartney.co.uk;  
**black leather belt** £70  
Black & Brown London;  
**silver metal belt** £404 Edun;  
**sterling silver necklaces**  
from £25 pandora.net;  
**sterling silver necklace**  
£45 thomassabo.com;  
**sterling silver chain**  
**necklace** £106 Finer Black



**Lurex dress** £55 riverisland.com; **leather boots** price on request j-w-anderson.com



**Wool coat** approx £517 and  
**silk and wool-mix top** price  
on request both Misha Nonoo;  
**leather trousers** £2,555  
soniarykiel.com; **leather**  
**boots** price on request Stella  
Luna for Anthony Vaccarello;  
**leather studded harness** from  
a selection Phyléa; **silver-**  
**plated bronze earring** £145  
(for one) Annelise Michelson



Black and white cotton  
shirt £690 Miu Miu





**Cotton blouse** £274 and **polyester trousers** £293 both A.W.A.K.E at [brownsfashion.com](http://brownsfashion.com);  
**leather boots** price on request [j-w-anderson.com](http://j-w-anderson.com)



**Latex top** £235 [atsukokudo.com](http://atsukokudo.com); **wool and leather skirt** £1,340 [fendi.com](http://fendi.com); **leather shoes** made to order, price on request, Iris Van Herpen in collaboration with Noritaka Tatehana; **gold hoop earring** £395 (for pair) Aurélie Bidermann; **resin earring** £210 (for pair) [marni.com](http://marni.com); **leather belt** £50 MICHAEL Michael Kors; **tights** stylist's own



**Black PVC jacket** Wanda Nylon; **black wool top with faux pearls** £209 Sandro; **black PVC trousers** £350 Filles A Papa at [brownsfashion.com](http://brownsfashion.com); **black leather boots** £1,141 Rochas; **crystal and pearl earrings** £225 and **white enamel-plated brass cuffs** £420 all Eddie Borgo; **black latex gloves** £36 [atsukokudo.com](http://atsukokudo.com)

**Wool dress** £575 [acnestudios.com](http://acnestudios.com); **cotton T-shirt** £2.50 Primark, customised by stylist; **14ct gold necklace chain** £249 and **14ct gold circle charm** £255 both [pandora.net](http://pandora.net); **9ct gold penknife charm necklace** £650 Annina Vogel at [liberty.co.uk](http://liberty.co.uk)





**Wool body suit** price on request Julien Macdonald;  
**crêpe trousers** £217 pinko.it;  
**gold cuff** price on request Viveka Bergström; **resin earrings** £210 marni.com;  
**leather belt** £50 MICHAEL Michael Kors



#### Left

**Wool jacket** £605 Sportmax at matchesfashion.com; **plastic top** price on request Walter Van Beirendonck; **wool trousers** £160 lacoste.com; **snakeskin-print boots** £320 Amélie Pichard; **14ct gold necklace chain** £249 and **14ct gold circle charm** £255 both pandora.net; **9ct gold bottle charm necklace** £240 Annina Vogel at liberty.co.uk; **thick leather belt** £95 Black & Brown London; **thin leather belt** £152 J&M Davidson

#### Right

**Cotton-mix waistcoat** £44.99 Mango Premium; **Lurex top** £155 Sandro; **leather trousers** £875 Bimba Y Lola; **snakeskin-print boots** £852 Pierre Hardy; **plastic sunglasses** hire only The Contemporary Wardrobe Collection; **silver multi-chain necklace** £99 Finer Black





Polyester mesh body £488  
Veronique Leroy at Opening  
Ceremony; **vintage cotton  
shorts** stylist's own; **leather  
boots** £380 dorateymur.com;  
**leather choker** £180 Zana  
Bayne; **sterling silver chain**  
£30 pandora.net; **silver cross  
charm** £65 thegreatfrog.london.  
com; **9ct gold bottle charm  
necklace** £240 Annina Vogel  
at liberty.co.uk; **leather belt  
with metal loop detail** £180  
Zana Bayne; **leather belt**  
£373 Alaia; **polyamide socks**  
£9 Falke at mytights.com



**Grey wool waistcoat** £350 Polo Ralph Lauren at [ralphlauren.com](http://ralphlauren.com); **black and green silk shirt** £845 [bottegaveneta.com](http://bottegaveneta.com); **white leather trousers** price on request [tommy.com](http://tommy.com)



#### NORA'S STORY

Fashion Director: Natalie Hartley. Senior Fashion Assistant: Charlotte Lewis. Make-up: Karina Constantine at CLM using Chanel Le Lift and Le Volume Ultra Noir. Hair: Marion Anée at Airport Agency using David Mallett. Nails: Ami Streets at LMC Worldwide. Model: Nora Attal at Viva London

#### CHEYENNE & SASHA'S STORY

Stylist: Mari David. Fashion Assistant: Chloe Bloch. Make-up: Satoko Watanabe. Hair: David Delicourt at Calliste. Nails: Laura Forget at ArtList. Models: Cheyenne Keuben and Sasha Antonowskaia at Viva London

#### LAETITIA, MARGOTT & SASHA'S STORY

Stylist: Danielle Van Camp. Fashion Assistant: Chloe Bloch. Make-up: Karim Rahman at Calliste using Expert L'Oréal Paris. Hair: Marion Anée at Airport Agency using David Mallett. Nails: Christina Conrad at Calliste using Mac Cosmetics. Models: Laetitia Catzeffis, Margott Bialik and Sasha Antonowskaia at Viva London

Opposite page: **Lace body stocking** £30 Bluebella at asos.com; **nylon-mix jacket** £99.99 hm.com; **leather boots** price on request j-w-anderson.com

This page: **Cotton shirt** £220 Jacquemus; **coated jeans** £105 Replay; **leather gloves** £45 Causse Gantier at net-a-porter.com; **silver-plated bronze earring** £180 Annelise Michelson; **leather studded collar** from a selection Phyléa; **leather belt** £142 Margiela at maisonmargiela.com





Dress Ashley Williams;  
bra and knickers  
[atsukokudo.com](http://atsukokudo.com)

# RITA RULES

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SHE'S LOUD, PROUD AND QUEEN OF  
EVERYTHING RIGHT NOW. **CRAIG McLEAN**  
MEETS THE INDOMITABLE MS ORA ►

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Photographs by **David Dunan**  
Fashion Director **Natalie Hartley**

Rita Ora is confused. The GLAMOUR shoot in London is complete, her “wigs and things” have been removed, she’s just had her toes done, and now a manicurist is hard at work recolouring her fingernails. But, frets Rita, is this red polish going to work for Karl Lagerfeld? The famously particular designer is expecting Rita for a fitting in Paris this evening ahead of Tuesday, where she will be helping kickstart Haute Couture Fashion Week.

“There’s a bunch of us – a bunch of surprises,” she says casually. “Me, Julianne Moore, Kristen Stewart, Lily Collins...”

So will all these guest models be rocking red talons? No, the manicurist explains patiently, these are “tomorrow’s nails. For *The X Factor*.”

“Fuck!” yells Rita, the penny dropping. “My life is crazy right now!”

That’s crazy with disco-balls on. The 24 year old touched down in London from Los Angeles only two days previously. Since landing, she’s appeared at a music industry charity gala and dashed to (and from) Paris, for a preparatory meeting with the “fucking cool” Lagerfeld. Today she’s enthusiastically put in Sunday hours for the GLAMOUR shoot.

Then, after hot-footing back to the French capital this evening, tomorrow morning she’s private-jetting to Manchester, for the first televised auditions for the upcoming series of *The X Factor*. Less than 24 hours from now, she’ll be filming her debut appearance alongside Simon Cowell, Cheryl Fernandez-Versini and fellow incoming judge Nick Grimshaw. Time is tight. Hence doing tomorrow’s nails today.

“But this is tonight’s make-up,” Rita clarifies about her aquamarine eyeshadow and hot-pink lipstick. “And this is the Eurostar hair!” she exclaims, a hearty laugh exploding from her

mouth as she runs her hands through her slicked, shorn, bleached crop.

“I’m really upset I don’t have a Bloody Mary,” she sighs as we settle on a sofa in a corner of the Kensington residence that has hosted the GLAMOUR team. Post-shoot, she’s in a barely buttoned shirt and no bra. Cool confidence and matey informality ooze from her every pore. “I don’t want a gin and tonic. It’s too early in the day; I don’t like drinking hard liquor in the daytime. But a Bloody Mary doesn’t count, ‘cause it’s more a breakfast, isn’t it?”

So, as well as super-busy (she’s worked with Rimmel, DKNY and M&S, and designs a line for Adidas; appeared in *Fifty Shades Of Grey* and Jake Gyllenhaal boxing drama *Southpaw* this year, and is currently putting the finishing touches to her sophomore album), she’s in need of a stiff drink.

But what else is she? Not engaged. She was papped at LAX shortly before our meeting and the key point of interest in the photograph was the sparkler adorning her wedding finger. Social media caught fire. Had current paramour Ricky Hil (son of fashion legend Tommy Hilfiger) popped the question?

“What, this one?” she asks, waggling a gold-and-diamond band in my face. “Yeah, not true,” she says good-naturedly. “It just literally looks cool. And trust me, if I was to get engaged, you’d see a fat rock! If you want to propose to me, you need more than a band! I’m kidding,” she winks. “Any woman would say that, though. But no, I’m definitely not engaged.”

Is she still in a relationship with Hil? “I don’t want to talk about it,” she says politely, but firmly.

Fair enough. After all, Rita has had to endure all sorts of gossip courtesy of her former (and alleged) relationships. Most recently, charmless American rapper A\$AP Rocky dissed her vilely in some lyrics, alluding to a fling. Let’s not dignify them by repeating them here. Suffice it to say, the general response to his words made him look like a dick.

“I appreciate [you saying] that,” replies Rita evenly. “But it’s not about me. It’s about women. Disrespecting women. It’s not cool. There’s more ►

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“TRUST ME, IF  
I WAS TO GET  
ENGAGED, YOU’D  
SEE A FAT ROCK”

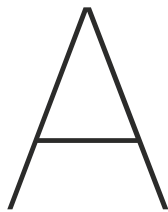
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Coat [loewe.com](http://loewe.com);  
dress [libidex.com](http://libidex.com); shoes  
Marco de Vincenzo

◀ to a person than who you're dating... don't disregard what I've done with my career because of someone that I was dating – if I was even dating that person. Which I wasn't. Let's be very clear on that. I was not. And nor will I ever. What I'm saying is: it's not cool that females always have that shadow on their back... and now I'm not talking about A\$AP," she clarifies. "I'm talking about anything that I've experienced in my life."

She takes heart from the fact that, in the pop-dominating era of Taylor, Ariana, Rihanna and the resurgent Madonna (Rita recently starred in the video for *Bitch I'm Madonna*), female artists "have a bigger voice than we ever had before. So if someone feels like they want to express themselves on a record, how about you express yourself through success and actions and statistics and morals and respecting women?"



Almost as troubling was the talk of how, after their relationship ended a year ago, Scottish DJ/producer Calvin Harris restricted her use of the four songs they'd created together. One, the chart-topping


*I Will Never Let You Down*, was released last spring. But Rita wants to clarify the rumours surrounding the delay in the release of her second album, the follow-up to 2012's *Ora*.

"I have to be very clear – there was never a record. There were about four tracks that were building into a record. But it was never like, 'OK, we're ready to go.' *I Will Never Let You Down* came out, 'cause I wanted to put it out there and then, 'cause that's how I felt at that point in my life. I was like, 'Fuck it, let's just do it...' I was not thinking, 'Well, what are you gonna follow it up with, Rita?' I was like, 'I don't care, we're putting it out!' So I had to finish the record, and I never really got round to it, because I was touring around, then I was promoting *I Will Never*, then I started to shoot *Fifty Shades*, then I started to shoot *Southpaw*, then... personally, things didn't go to plan," she says carefully. "I was in a moment in my life where I knew that if I walked into a recording studio, you're not gonna get the best work out of me. So I'm not gonna waste people's money and time to do something ►

Continued on page 230



Dress giles-deacon.com;  
skirt atsukokudo.com

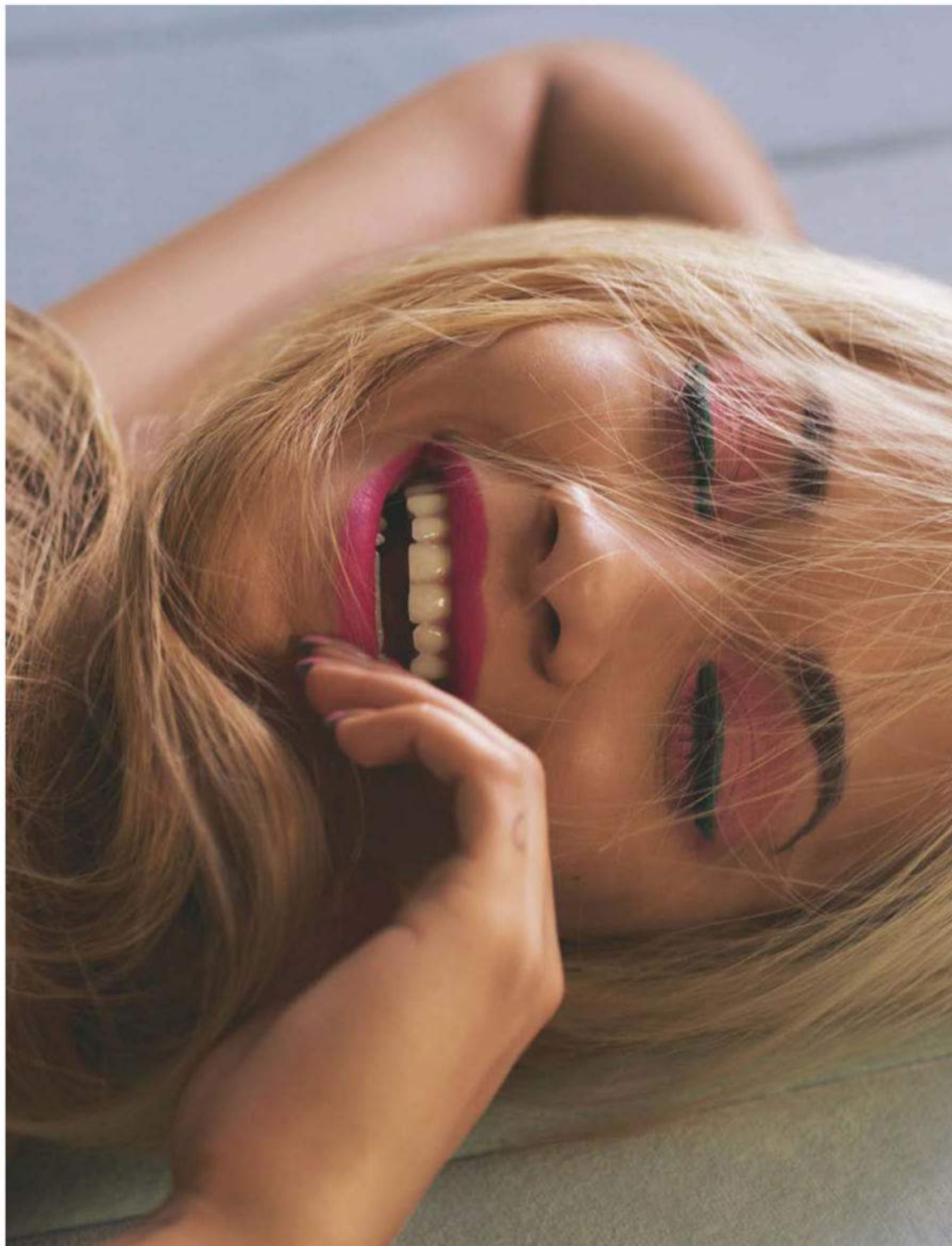
A woman with long blonde hair and multiple tattoos is lying on her back on a light blue, tufted couch. She is wearing a dark, possibly black, top. Her eyes are closed, and she has a serene expression. Her arms are extended to the sides. The background is a simple, light-colored wall.

"DON'T  
DISREGARD  
WHAT I'VE DONE  
WITH MY CAREER  
BECAUSE OF  
SOMEONE  
I WAS DATING"

"I HAVE AS MUCH RIGHT TO BE ON THE  
X FACTOR PANEL AS ANYONE ELSE"



Top [stellamccartney.com](http://stellamccartney.com);  
bra and knickers  
[atsukokudo.com](http://atsukokudo.com)



◀ that I know I'm probably not gonna like when I am in a good place. And that," she shrugs, "is the truth."

**S**o Rita decided to hold fire on recording her second album, saying to her team, "Can I just get over this for a second, then come back?"

What about the other tunes she made with Harris?

"You'll never hear 'em," she shrugs. "They're great tunes. But

it's OK, we can make greater tunes. We *have* made greater tunes," she beams, mentioning collaborations with Ed Sheeran and pop deity Prince, while also confirming that her second album will finally drop in October. "It's absolutely fine," she says.

It should be noted that Rita discussed all of the above (a) at my prompting and (b) with remarkable cheerfulness. She's all about forward momentum and positivity. Which takes us to *The X Factor*. The offer from Simon Cowell to join him, Grimmy and Cheryl on the panel was "in the air" for a while. She'd enjoyed her time on *The Voice*, and when she heard of his interest, "Simon and I planned to meet and just chat. There wasn't any pressure. We could only meet around midnight 'cause we were so busy. So we met at his place in west London. We spoke

about the changes in the show, about his goals and aims, and I started to agree with the changes that were gonna happen. When you watch the show, you'll see what I mean. We had a two-hour conversation and I really liked his vision. And on that fact only, I looked at my diary, I spoke to my team because it's a lot of commitment. And having that responsibility of being able to change someone's life is *beyond* pressure."

This is the point of her taking such a high-profile TV gig. In partnership with Unicef, she has a long-term plan to build a performing arts school in Kosovo – a country still scarred by the Balkan wars of the '90s. Closer to home, she's an active supporter of the East London Arts & Music school. Having endured three failed record and publishing deals before she was signed by Jay-Z's Roc Nation aged 18, she knows all about dashed dreams and false starts.

"It gets me emotional because I watch these kids performing in the school and they're already above me for even *finishing* school," admits Rita, who left school at 16, determined to make it as a singer. "It's so inspirational. That's why I do these TV shows. You hear all this shit about the money, clothes, na na na," she

says witheringly. But the reason she signed on for *The Voice* and *The X Factor* is because she has a chance to help a young talent, the way Jay-Z helped her.

"It's not about thinking, 'Oh my God, I want to be on TV every Saturday night!'" she bawls, sounding very like the hilarious impersonation of her that Grimmy trots out on his Radio 1 Breakfast Show. "I'm a musician, I've built this bond with my team, with the music industry. I've worked very hard to be involved with everything you see my name associated with. It doesn't happen overnight, and I feel like I have as much right to be on that panel as anyone else does."

In the event, Rita won't have to make that private-jet dash from Paris to Manchester. The next day comes news that Simon Cowell's mother has died. The Manchester auditions are cancelled, meaning Rita can stay a little longer in Paris and catch her breath.

The new *X Factor* team has yet to have any "crazy nights out". Nor have they been practising for their Saturday-night close-ups. As Rita says, "You don't rehearse something that has to happen from instinct".

She's unfazed by the prospect of media-invented

'feuds' between her and Cheryl. "I don't think they will. They already write about us separately a lot. And the way female musicians are going right now, it's almost like we're having Pussy Power!" she laughs. "It's just great to see females in all aspects

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"IT'S GREAT TO  
SEE WOMEN IN  
THIS INDUSTRY  
STICKING TOGETHER"

---

of the entertainment industry sticking together."

So, even if the natural instinct of the gossip columns is to imagine catfights, Rita is having none of it. "What about a dick fight instead? Anyone care about that?" she blares. Simon and Grimmy, going crotch-to-crotch? If those are the 'changes' to the show that Rita and Cowell discussed, it might be the most entertaining *X Factor* yet.

"Nah, no fighting," she smiles. "That's not what we're trying to do here. What us four want to achieve is have fun. And it'll be very hard to create negative stories once you watch the show. 'Cause you'll see the concentration and the vibes and all of that."

And with six years' intense experience in music, she has the wisdom to impart. "Even though I'm only 24. Which, by the way, I love to mention, that I'm the youngest one on the panel, ha ha!"

And with that, Rita's up and out the door. Courtesy of tomorrow's nails, brilliant future-pop and of-the-moment smartness, *The X Factor* will be better for her arrival. "Yeah," she shouts, "I'm bringing the *now*." ©

*The X Factor* is on ITV this month



**Shirt** Vetements; **skirt** Chalayan

Make-up: Kirstin Piggott at Julian  
Watson Agency for Rimmel London  
Hair: Chris Appleton  
Nails: Neringa Nails  
Senior Fashion Assistant: Charlotte Lewis

BACKSTAGE  
23/02/2015

PETER  
PILOTTO

CAROLINA HERRERA

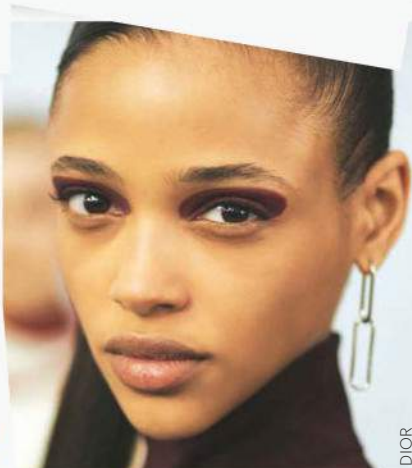


Make-up  
artist  
Val Garland  
used leftover  
sequins from  
the Temperley  
dresses for  
this look.

TEMPERLEY LONDON



VERSACE



DIOR

# THE BEAUTY REPORT

Four cities, more than 150 shows and several notebooks later, we bring you the tips, trends and insider secrets worth knowing – from backstage to your page. By **Sarah Jossel**

Simone Rocha

up hair  
 for Posh the  
 hel  
 Nothing as loo  
 Carley looks - black  
 Makes eyes pop  
 fresh  
 for water + moist skin  
 both brush - dry lip  
 val + Daria  
 were 26 yrs  
 are were 31

# TRENDING BLUSH

Seen at Dsquared2, Giorgio Armani, Michael Kors

## Beauty team memo

- The Row backstage call time: 6am
- New York weather forecast: -15°C
- Most-used nude polish: **Very Important Poodle** £10 maccosmetics.co.uk
- LFW Porsche driver to collect at 6:30am for Antonio Berardi.
- Backstage at Gucci to see the new make-up range.



Luxe Finishing Powder £39 Gucci

## BACKSTAGE



"I have over 500 make-up brushes with me today." **Val Garland** at Milan Fashion Week



"Pair a flushed cheek with natural skin for a strong, modern finish. Avoid pink anywhere else on the face to keep it fresh - not girlie." **Dick Page**, make-up artist

Eye And Cheek Shadow in Pink Ombre £48 Tom Ford



DiorBlush Cheek Stick in Cosmopolite Coral £24 Dior

# TRENDING GLAM GRUNGE

Seen at Emanuel Ungaro, Ermanno Scervino, Giles  
**Words heard backstage**  
 Cherry black, oxblood, eggplant, moody mouth



"Incredibly chic, bold, almost black statements."  
**Terry Barber**,  
 Mac Cosmetics  
 director of  
 make-up artistry



Cheek Jelly in Museum £7 topshop.com



Vogue Lipstick in Black/Red £13 Lord & Berry ▶



MAC AW15  
 #MACBACKSTAGE  
 MACCOSMETICS.TUMBLR.COM  
 DESIGNER  
 ARTIST

GILES AW15

## TRENDING RED

**Seen at** 3.1 Phillip Lim, Roksanda Ilincic, Antonio Berardi  
**Words heard backstage** Brick, crimson, terracotta, burnt, rust, berry

"A matte red lip paired with flawless skin is the ultimate exclamation mark for the face."

**Andrew Gallimore, Nars UK make-up artist ambassador**



**Lipstick in Lady Danger**  
 £15.50  
 maccosmetics.co.uk



**Lipstick in VIP Red** £20  
 narscosmetics.co.uk



## The backstage reveal



**Flora Hydroactive Cellular Face Oil**  
 £70 Sunday Riley  
**Spotted at** Stella McCartney

The secret weapon used to give the girls a Stella(r) glow.



## TRENDING LUXE LOOKS

**Seen at** Tommy Hilfinger, Prabal Gurung, Donna Karan



## The new girl

**Name** Aya Jones

**@**iamayajones

**Born in** Paris

**Seen at** Valentino,

Prada, Dior

**Top beauty pick**

**Toleriane Ultra** £17.50

La Roche-Posay



DONNA KARAN

"Glossy, healthy hair is back, but this doesn't mean big bouncy blow-dries – it's about a natural radiance."

**Mark Hampton, global hair ambassador Toni&Guy**

The go-tos for glossy:  
 The oil **Oleo Radiance Oil Elixir** £8.99 Tresemmé  
 The cream **All-Style Blow Dry** £23  
 bumbleandbumble.co.uk





## TRENDING SPARKLE

Seen at Carolina Herrera, Temperley London, Zac Posen



### BACKSTAGE

Each model wore ten Swarovski gems under each eye. The result? Crystal underliner!



## The new girl

Name Julia Van Os  
@JuliaVanos

Born in Amsterdam

Seen at Michael Kors,  
Blumarine, Roberto Cavalli

Top beauty pick

Full Coverage Concealer  
£7.90 kikocosmetics.com

## TRENDING FACE ART

Seen at Thierry Mugler, Giamba, Anthony Vaccarello

"Make-up is not just eyes and lips any more – adorn skin with your own stamp of individuality."

Terry Barber

### BACKSTAGE

GLAMOUR's Senior Beauty Assistant, Dominique, went backstage at 36 shows in one day at LFW.



### BACKSTAGE



Miss Delevingne's tattoo was the beauty inspiration at Giamba. "Think cult Cara! We're painting tattoos onto each girl so that they all have their own personalities." Val Garland ►

Couture Kajal in  
Noir Ardent £25  
yslbeauty.co.uk

# TRENDING STATEMENT LASHES

Seen at Giambattista Valli, Dsquared2, Mary Katrantzou  
Words heard backstage Clumped, clogged, chubby, spider

"Cover every single lash, top and bottom - then go over with several coats."

**Val Garland**



GIAMBATTISTA VALLI

**Mister Intense Black Top Coat Mascara**  
£20 Givenchy



## BACKSTAGE



At Nina Ricci, make-up maverick Aaron De Mey used a fan brush to apply five coats of mascara from roots to tips.

**Audacious Mascara in Black Moon** £20  
narscosmetics.co.uk



**Chubby Lash Fattening Mascara in Jumbo Jet** £17.50  
clinique.co.uk

## The backstage reveal



**Effortless Blendable Kohl in Jet Black**  
£17 Burberry

**Spotted at Burberry**  
The product behind make-up artist Wendy Rowe's not-too-solid, smokin' smoky eye.

# TRENDING GROWN-UP NAILS

Seen at Giles, Jonathan Saunders, Marc Jacobs



Dior

"I don't believe in strict nail trends, but this season we can't deny the 'almost black' trend."

**Marian Newman, nail expert**

**Nail Lacquer in Luxedo**  
£7.99  
Essie



## BACKSTAGE

Essie went through 50,000 bottles of nail polish this season.

**Nail Lacquer in Black Out**  
£19 Dior



# TRENDING TOFFEE TONES

Seen at Prada, Prabal Gurung, Hervé Léger  
Words heard backstage Caramel, terracotta, orange, peach



*The backstage reveal*

Studio Waterweight  
SPF30 Foundation £25.50

maccosmetics.co.uk

Spotted at Peter Pilotto

This blurred imperfections,  
while keeping the  
Pilotto complexions  
fresh and natural.



Illusion D'Ombre  
in Rouge Gorge  
£25 Chanel



HERVE LEGER

"There's no  
statement feature  
and no strong edges  
- blend everything."

**Val Garland**



PRABAL GURUNG

The Lip Liner in Orange  
Hibiscus £19.50 Guerlain

## TRENDING HAIR ADD-ONS

### BACKSTAGE



The Toni&Guy hair team used  
2,600 kirby grips at Matthew  
Williamson and Vivienne  
Westwood Gold Label.



PRADA

Seen at  
Prada, Dolce &  
Gabbana, Fendi  
Words heard  
backstage Barrettes,  
bling, ribbon, glitter  
baubles G





Ella wears **Eye Tint in Zenith** £26.50 and **Eyes To Kill Liquid Liner in Boreale** £26.50 both [armanibeauty.co.uk](http://armanibeauty.co.uk); **Smart Lipstick in 901** £3.90 [kikocosmetics.co.uk](http://kikocosmetics.co.uk); **Nail Lacquer in Charged Up Cherry** £12.50 [opiuk.com](http://opiuk.com)



# ALL ABOUT ELLA

You know her voice from *Gravity* and *Waiting All Night*, and now she's the face of Emporio Armani's new perfume.

Ella Eyre shares her beauty secrets  
with GLAMOUR ►

Photographs by **Kenneth Willardt**

Beauty Director **Alessandra Steinherr**

Words by **Grace Timothy**

**C**ollaborations with Rudimental and DJ Fresh saw the rapid rise of 21-year-old singer-songwriter Ella Eyre, AKA the girl with that mane of curls. But it's time for the pop-soul artist to go it alone with her much-anticipated debut album, *Feline*, and as the face of Emporio Armani's new fragrance, Diamonds Violet. So when you've broken onto the music scene working alongside other artists, how does it feel to be out there on your own, just you? "It's amazing, honestly!" she laughs. "You know when people ask, 'Where do you see yourself in five years?' Well, never, not for one second, could I have imagined what might happen over just one year. To play Glastonbury and a sold-out UK tour, and now being the face of a perfume – it's crazy! But there's still so much to do..."

That's for sure – as well as a new album, Ella's signing up for another UK tour, she'd like to break the US and Australia, and quite fancies acting someday, too. But just a few years ago, the future looked very different for Ella. "I wanted to be a swimmer when I was growing up – I trained so hard, but at 13 I had to give it up, as I kept getting really bad ear infections. It was obviously a blessing in disguise, because I started drama and eventually moved to The Brit School." There, Ella studied musical theatre and hoped to become an actress – it was her vocal coach's idea that she become a singer, following in the footsteps of Brit alumni Amy Winehouse and Adele. "My coach introduced me to the man who is still my manager today, we worked together for a year just experimenting with different sounds, and a month after leaving The Brit School, I was signed by Virgin."

Ella has one of those powerhouse soul voices that makes you cry when it's alone and makes you dance when it's over a drum'n'bass beat. One Brit Award, a MOBO and a lot of studio time later, Ella is a bona fide artist in her own right, and following in Beyoncé's footsteps fronting an Emporio Armani perfume campaign. "I watched Beyoncé launch the campaign for Diamonds in 2007 and was blown away. So it was really flattering to be asked and the scent was a perfect fit. And I mean, who says 'no' to Mr Armani?"

## ELLA ON... ...her beauty icons

Ella's style – both musical and beauty – is clearly influenced by old-school soul singers like Etta James and her namesake, Ella Fitzgerald. "It's about a voice and just raw emotion," she says of her favourite music. "That's the kind of music we can relate to, the kind that can help people in some way." Those vintage beauties have also informed Ella's signature look: the bold red lip and epic brow. "I like that they didn't actually wear that much make-up, just a bit to accentuate strong features."



**Studio Face And Body Foundation in C3** £21.50  
maccosmetics.co.uk



**Maestro Fusion Makeup in 6** £40  
armanibeauty.co.uk

### ELLA'S OWN KIT INCLUDES

**Brow Zings** £24.50  
benefitcosmetics.co.uk;

**Creamy Matte Lip Color in Jenna** £19.50  
bobbibrown.co.uk – a matte red-orange;

**Studio Face And Body Foundation in C3** £21.50  
maccosmetics.co.uk;

**Maestro Fusion Makeup in 6** £40  
armanibeauty.co.uk



**Creamy Matte Lip Color in Jenna** £19.50  
bobbibrown.co.uk



Ella wears **Lip Maestro 401** £27  
[armanibeauty.co.uk](http://armanibeauty.co.uk); **Red Carpet**  
**Reddy** £12.95 [redcarpetmanicure.co.uk](http://redcarpetmanicure.co.uk); **Nail Lacquer in Strawberry**  
**Margarita** £12.50 [opiuk.com](http://opiuk.com) ►





**"I don't  
wear a lot of  
eyeshadow  
and liner  
– just fresh  
skin, strong  
brows, and  
lipstick  
to add colour,  
that's it"**

## ...the skincare rules

“My mum has always been into face creams, so I’ve grown up around someone who’s very thorough – she taught me to keep skin nourished”



### IN THE MORNING

“I do two cleanses – one before the gym and one afterwards – with **Crème-Mousse Confort** [£23 [lancome.co.uk](http://lancome.co.uk), left]. Then I use **Rose Day Cream** [£29.50 [drhauschka.co.uk](http://drhauschka.co.uk)], and put on my make-up.”



### AT NIGHT

“I always take off my make-up, no matter where I am. If I’m travelling or at a festival, I like to take the same things with me so nothing changes with my skin. A few times a week, I use **Pineapple Papaya Facial Scrub** [£24.50 [kiehls.co.uk](http://kiehls.co.uk)] and **Black Rose Cream Mask** [£95.50 [sisley-paris.co.uk](http://sisley-paris.co.uk), left].”

## ...THAT hair

“My natural texture is quite afro – my dad is Jamaican – and I like to keep it natural”

“I wash it with Aveda shampoos and conditioners once or twice a week, followed by **Damage Repairing & Rehydrating Leave-In Treatment** [£19 [kiehls.co.uk](http://kiehls.co.uk), right]. I don’t use mousse or hairspray because they actually weigh it down and I find the less product I use, the bigger my hair can be. Then I’ll back-brush in some volume and tong some curls. Having my hair done makes me feel 100% ready to go onstage. It’s such a huge part of my look – I’ve got the whole lion thing going on, that’s why the album is called *Feline*. It’s got to be big and curly so I can rock it about on stage.”



**Be Curly Shampoo**  
£17.50 [aveda.co.uk](http://aveda.co.uk)

## ...fragrance

“I think perfume adds a layer of confidence – it allows you to feel sexier”



“Diamonds Violet is fruity, so is quite a daytime fragrance, but it then has the allure you want for night. I spray it onto my wrists and neck, of course, but my special way to wear it is in my hair – hair like mine traps smells, so it lasts for ages.” ☺

**Diamonds Violet eau de parfum 50ml** £37  
[armanibeauty.co.uk](http://armanibeauty.co.uk)





Dress by Markus Lupfer; boots by  
Elle Saab. Still lifes: Jody Todd

Styled by Alessandra Steinherr  
Assisted by Dominique Temple  
Make-up: Kelly Cornwell  
at Premier using Giorgio  
Armani Beauty & Skincare  
Hair: Jennie Roberts at  
Frank Agency using Ojon  
Nails: Imarni at Saint Luke Artists

# WAYS TO REBOOT AFTER SUMMER

Get ready for autumn with these discounted treatments, says **Sarah Jossel**

## FOR BODY

### BENDERLOCH

**Rasul Mud Experience And Body Massage at Eriska Hotel, Spa & Island, Argyll PA37 1SD (01631 720 371; [eriska-hotel.co.uk](http://eriska-hotel.co.uk))**

**For total relaxation** Apply your own mineral mud, and steam in a private chamber, followed by a warm rain shower to leave skin silky smooth. Finish off with a Swedish massage.

**Usual price** £102 for 85 minutes

### BRIGHTON

**Full Body Polish With Spray Tan At The Lanes Health & Beauty, 5 Market Street BN1 1HH (01273 725 572; [thelaneshealthandbeauty.com](http://thelaneshealthandbeauty.com))**

**For bronzed goddess skin**

After skin is exfoliated and scrubbed, choose either a St Tropez or Sienna X spray tan.

**Usual price** £50

25%  
OFF

ALL THESE  
TREATMENTS



### CHICHESTER

**'I'll Be Back' Facial at Buzby And Blue, 46-48 The Hornet, West Sussex PO19 7JG (01243 531 284; [buzbyandblue.com](http://buzbyandblue.com))**

**For smooth skin** Treat your back to a full exfoliation, a purifying mud scrub and a deep cleanse. To finish, you'll enjoy a dreamy massage.

**Usual price** £45 for 45 minutes

**Health Spa, Boots, Crown Walk, thecentre.mk, Buckinghamshire MK9 3AH (01908 239 883; [champneys.com](http://champneys.com))**

**For firm skin** Your therapist will apply a hydrating oil, then cocoon you in a full body wrap, with a heated blanket on top. You'll be treated to a relaxing scalp massage while the wrap is working its magic.

**Usual price** £65 for 55 minutes

**Hertfordshire AL3 5DP (01727 864 893; [champneys.com](http://champneys.com))**

**For an all-over glow** This dreamy body scrub removes dead skin cells, boosts circulation and delivers a top-to-toe brighter appearance.

**Usual price** £40 for 25 minutes

### MILTON KEYNES

**Decl r Lemon And Mango Intense Body Firming Wrap at Champneys**

### ST ALBANS

**Energising Lime Body Buff at Champneys Health Spa, 23 Market Place,**

## FOR HAIR

### BURTON UPON TRENT

**Leonor Greyl Hair Spa Treatment at The Matthew Curtis Hair Retreat at Hoar Cross Hall Spa Hotel, Maker**

TAKE THESE PAGES TO ONE OF OUR LISTED SPAS OR SALONS  
TO CLAIM YOUR DISCOUNT - VALID UNTIL SEPTEMBER 9, 2015\*

**Lane, Staffordshire DE13 8QS**  
(01283 576 512; [hoarcross.co.uk](http://hoarcross.co.uk))  
**For 24/7 sleekness** After a hair and scalp consultation, a bespoke treatment is whipped up. It's applied, then you're placed under a steamer to get the most out of the tailored-to-you formula. A bouncy blow-dry follows.  
**Usual price** £120 for 60 minutes

## LEEDS

**L'Oréal Professionnel Absolut Repair Treatment at Westrow Hair, 39 Street Lane LS8 1AP** (0113 269 2919; [westrowhair.com](http://westrowhair.com))  
**For glossy hair** After deep conditioning during your wash, you'll get a relaxing head massage. Hair is then sectioned and spritzed with hair-repair formula before a blow-dry.  
**Usual price** £40

## LONDON

**Shu Uemura Instant Replenisher Hair Treatment at Richard Ward Hair & Metrospa, 82 Duke of York Square, Sloane Square SW3 4LY** (020 7730 1222; [richardward.com](http://richardward.com))  
**For deep hydration** This five-minute treatment nourishes sun-parched hair. After it's spritzed through lengths and ends, enjoy a head massage and blow-dry.  
**Usual price** £25

**Summer Saviour Style Package at Easton Regal Hairdressing, 84 Clerkenwell Road EC1M 5RF** (020 7250 1441; [eastonregal.com](http://eastonregal.com))  
**For extra shine** A detox shampoo repairs damaged hair,

before an Oribe treatment is applied and you're placed under a Micro Mist machine. Hair is then cut and styled to perfection.  
**Usual price** £85

## FOR FACE GLASGOW

**Skin Brightening Facial at Rainbow Room International, 24 Royal Exchange Square G1 3AB** (0141 204 4460; [rainbowroominternational.com](http://rainbowroominternational.com))  
**For a skin boost** Your face is cleansed, exfoliated and massaged with Dermalogica products, before a brightening serum is applied. Walk out with on-the-spot glowing results.  
**Usual price** £54 for 60 minutes

## LONDON

**Darphin Extreme Hydration Facial at Spa Illuminata, 63 South Audley Street W1K 2QS** (020 7499 7777; [spailuminata.com](http://spailuminata.com))  
**For a glowing face** Once skin is gently cleansed, your therapist will apply an instantly cooling kiwi-infused mask. Result? A radiant complexion.  
**Usual price** £100 for 1 hour

## MANCHESTER

### CALLING ALL SPA STARS!

GLAMOUR is on the lookout for the UK's top spas and salons for our next G Directory. If you'd like to suggest your venue, please email [glamour.beautyassistant@condenast.co.uk](mailto:glamour.beautyassistant@condenast.co.uk) with your address, link to your website and your pampering speciality!

**ESPA Advanced Radiance Facial at The Spa at The Midland, Peter Street M60 2DS** (0161 932 4086; [thespaatthemidland.co.uk](http://thespaatthemidland.co.uk))  
**For an even complexion** If your pigmentation has become a little more obvious from the sun's rays, this one's for you. Using

skin-radiance products and Hawaiian algae, it instantly brightens skin.  
**Usual price** £85 for 85 minutes

## FOR HANDS & FEET LONDON

**Signature Manicure at Nails & Brows, 31 Berkeley Street W1J 8EJ** (020 7499 5245; [nailsandbrows.me](http://nailsandbrows.me))  
**For happy hands** After nails and cuticles are shaped, your therapist will exfoliate and massage hands. Then it's time for your chosen polish.  
**Usual price** £48 for 40 minutes

**Sole Delight Foot Treatment with Pedicure at Sunborn London Elemis Spa, Royal Victoria Dock E16 1XL** (020 3714 8111; [sunbornlondon.com](http://sunbornlondon.com))  
**For pretty feet** Give your feet the full works with a scrub, foot mask and massage. To finish, nails are painted.  
**Usual price** £55 for 75 mins

**The Mandara Pedicure at Mandara Spa, Park Plaza Westminster Bridge** (020 7620 7300; [parkplaza.com](http://parkplaza.com))  
**For long-lasting results** This indulgent pedicure starts with a soak, scrub and file. Next, cuticles are tidied, feet and legs are massaged, and toenails are painted using CND Vinylux polish.  
**Usual price** £55 for 1 hour

## GLAMOUR ON THE GO

Download your interactive GLAMOUR at [GLAMOUR.com](http://GLAMOUR.com)



## The 2-step body treat

**THE POLISH** Jump in the shower and gently massage a tiny amount of **Orangeasm Exfoliating Body Polish** £8 Soap & Glory. Result: Uber-smooth, oh-so-soft skin.



**THE HYDRATOR** Next, massage **Purely Pampering Nourishing Lotion** £4.49 Dove in upwards motions for a gorgeous, glowing finish.



# The GLAMOUR health MOT

Think you're in good shape? Find out here with these 11 interactive tests. They'll tell you things no blood test could...

**Y**our body is a big, amazing, complex puzzle, but the info you get from a pinch-y blood-pressure

cuff or a lab test is only an outline, like the edge pieces of a jigsaw puzzle without the complete picture. "Especially when you're young, significant problems may not show up in those tests yet," says Dr Michael Roizen, chief wellness officer at the Cleveland Clinic and co-author of *This Is Your Do-Over*. "And by the time they do, it'll be harder to fix the damage." To help you get a fuller look at your health, GLAMOUR asked top health experts to put together these simple but revealing tests. Let's get started...

**How many times in the past week did you eat out for breakfast, lunch, or dinner?**

## **0-5** You're on the right track

"When you make your own meals, you're more in control of ingredients — added fat, salt, sugar — and portion size," says nutritionist Rachel Beller, founder of Beller Nutritional Institute. And lunches out are the most calorific for women: if you must buy your midday meal, make sure it's heavy on veggies and lean protein.

## **6-13** Think about your on-the-go options

Women who eat out this often have significantly poorer diets than those who do so less frequently, according to one study. On days when your schedule is too hectic to pull together a home-cooked meal, "make better grab-and-go choices", says Beller. "Think pre-made salads, soups, sushi, or a bag of greens and a pre-cooked rotisserie chicken."

## **14+** It's time to reevaluate your eating habits

You're not only taking in lots of extra fat, it's likely you're missing out on essential vitamins and minerals, too. One US department of agriculture study found that people who get most of their meals from restaurants tend to consume fewer servings of fruit, wholegrains, and dark green and orange vegetables. Beller suggests picking one meal, like breakfast, to scale back on. "A lot of my clients make enough porridge for three days, then warm some up each morning," she says.





If you add up the total number of minutes you spend exercising a week, does it come to 150 minutes or more?

## YES Keep up the good work

You've reached the government's target of how much exercise you should do each week.

## NO It's more achievable than you think

"Exercise reduces the risk of cancer, depression, diabetes and heart disease, so it's definitely something to make time for," says GP Radhika Reddy. Too busy? Build it into your daily routine. "Walk instead of taking the car or train, and give yourself achievable aims, such as splitting workouts into ten-minute bursts throughout the week, or going for a walk with a friend," adds Dr Reddy.

How many sugar-sweetened beverages (think fizzy, juice, or flavoured coffee) do you typically drink each day?

## 1 Fine, but not fantastic

"Sugar-sweetened beverages immediately make insulin levels go sky-high, which can lead to energy crashes and food cravings," says Beller. The NHS suggests that added sugar shouldn't make up more than 10% of your calorie intake from food and drink each day.

## 2+ You could be in risky territory

Multiple studies show that women who regularly drink sugary beverages are about 30% more likely to develop type 2 diabetes than those who rarely do. "Cut down gradually," suggests Beller. "If you're craving something sweet, add three or four smashed strawberries and a few drops of lemon or lime juice to sparkling water." ►

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\*vs. Tampax Compak

\*\*Our #1 combination of Tampax's comfort, protection & discretion

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**Can you balance on one leg with your eyes closed for at least 30 seconds?**

## YES Your mind is sharp!

Coordination is ruled by the brain, so excelling at this task is a sign your brain is strong.

## NO You need a mental boost

Research shows that young, healthy adults should be able to balance on one leg for at least 30 seconds. Bad balance, in fact, is often an early indication of cognitive decline or increased stroke risk, says Dr Roizen. Strengthen your balance – and grey matter (a major component of the central nervous system) – with yoga, dancing, or doing biceps curls or other strength moves while standing on one leg. Any activity that hones proprioception (a sense of where your body is in space) will help.



**Be honest: When you're having sex, is it ever painful?**

## NO Then carry on!

Even occasional discomfort is normal: "As long as it isn't the kind of pain that makes you wince, you're OK," says obstetrician-gynaecologist Dr Katharine O'Connell White.

## YES This is not OK

Time to pinpoint the problem. "Often, it's as simple as not enough foreplay," says Dr White. "But it may also signal something like endometriosis, pelvic inflammatory disease (PID), an ovarian cyst, or an infection such as a urinary tract infection (UTI). Tell your doctor, so they can help you figure out what's going on."

**Do your gums bleed when you floss your teeth?**

## NO Oral health A+

"Healthy gums should be pink, firm and should not bleed when you brush or floss," says Dr Sameer Patel, of Eleven Dental London. "Ideally, they'll be tight to your teeth, and when you touch them, they should not go white. When gums go lighter in colour, it shows there's fluid in the gum and they could be inflamed."

## YES Uh-oh: Warning sign

"There is a 90% chance you have gum disease," says Dr Patel. "To counteract this, you need to brush longer in that area and visit a hygienist to check you don't need further treatment. The area might just need a thorough clean to remove a build-up of bacteria, but if unhealthy gums are left untreated, it can lead to periodontal disease, which ultimately leads to your teeth falling out." Yikes. "Floss once a day to remove plaque and make sure your dentist sees you at least once a year." ►

**Make a note whether you're in a positive or negative mood at different points in the day: at 9am, 1pm, 6pm and 9pm. Now, calculate the ratio of positive to negative emotions.**

## 3:1 (more positive) You're happy!

Looking at how your mood changes over a day helps quantify emotions. "Often, this test shocks the women I see," says Dr Pamela Peeke, author of *Body-For-Life For Women*. "They had no idea they were so stressed, as all that anxiety had become so 'normal'."

## 2:2 You could use a boost

"Try adding one experience

into your day that brings you joy," suggests Dr Peeke.

Research your next holiday or grab lunch with a friend.

## 1:3 (more negative) You're struggling

When your ratio skews negative, you're more at risk of illnesses – both everyday and chronic, says Dr Peeke. "If your mood is so low it's interfering with your work, sleep or relationships, you should seek professional help."

**Pinch the skin on the top of your hand between your thumb and forefinger – then let go. Does it snap right back?**

## **YES** You're properly hydrated

When your body has enough fluids, cells become plump, making skin more elastic.

## **NO** You may be dehydrated

Studies show that dehydration can make you grouchy, sluggish, and less focused. "Buy yourself a 1 litre water bottle and keep it on your desk as a reminder to sip throughout the day," says dermatologist Dr Francesca Fusco.

## When it comes to sleep, do you typically:

**Fall asleep within five minutes of lying down?**

**Yes** (1 point)

**No** (0 points)

**Hit the snooze button two or more times?**

**Yes** (1 point)

**No** (0 points)

**Go to bed and wake up at different times each day?**

**Yes** (1 point)

**No** (0 points)

### **0 points = You're well rested**

And probably fit: women who get between 6.5 and 8.5 hours of consistent, quality sleep per night have lower body fat than those who don't.

### **1 or 2 points = You're too tired**

"Sleep deprivation can cause depression, anxiety, or 'brain fog'," says sleep specialist Michael Breus, co-author of *The Sleep Doctor's Diet Plan*. "Getting

just 30 extra minutes' sleep every night should help."

### **3 points = You're exhausted!**

"If you fall asleep as soon as your head hits the pillow, you're not getting enough sleep," says Breus. Go to sleep earlier, and set your alarm for the last possible moment, so you can bank more high-quality sleep. Then stick to that consistent sleep-wake schedule – plus or minus about 30 minutes – as much as possible.

**Kick off your shoes and sit down on the floor cross-legged (feet under opposite knees). Now stand again. Did you have to kneel or use your hands?**

## **NO** Your body is strong

To stand up without assistance, you need good flexibility, balance, and muscle strength – all things linked to a longer life expectancy.

## **YES** You need more exercise

A recent study found older adults who had the hardest time rising were five times more likely to die prematurely. Now's the time to fix the problem.

**Do you sit for more than five hours on an average day?**

## **NO** You're unusual – and that's a good thing!

"The average woman sits for 50-70% of her day," says Dr James Levine, professor of medicine at the Mayo Clinic in Phoenix and author

of *Get Up!*. "But the more you move, the better your health – it's like putting money in a savings account."

## **YES** You're at risk of 'sitting disease'

People who sit for at least five hours a day are more likely to develop cancer, heart disease, or type 2 diabetes, according to a new analysis of 47 studies. Start incorporating five minutes of physical activity (like walking while on the phone) into every hour. "There's good evidence 5-10 minutes is all it takes to change harmful hormone levels that contribute to these diseases," says Dr Levine. So, you: *Up!* You can read this last line from a standing position. ©



# 5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



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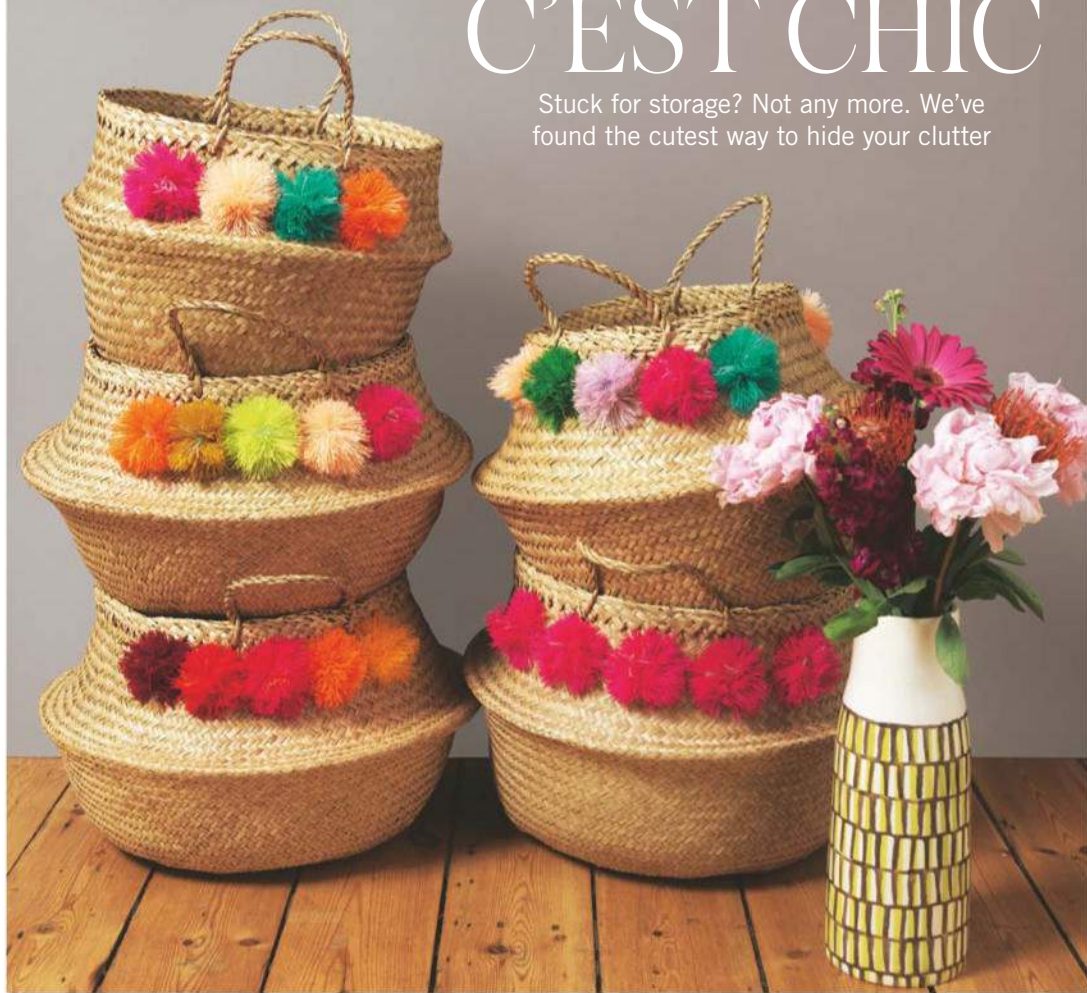
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## NEAT, C'EST CHIC

Stuck for storage? Not any more. We've found the cutest way to hide your clutter



Oh, we do love a pom-pom. We also love cool solutions for creating more storage. Put the two together and you have these gorgeous Eliza Gran Venice baskets – *the* most stylish way to stash away your sandal collection and phone charger graveyard. Baskets come in medium (£44) and large (£54). [edit58.com](http://edit58.com) ►

# MY NEW LIFE IN...

...New York, Ibiza, Stockholm – GLAMOUR meets three women who swapped the UK for careers and amazing homes abroad



## NEW YORK

**Eleanor Strauss**, 37, moved in 2007. She is fashion director of online fashion retailer Shopbop and lives in Carroll Gardens, Brooklyn, with her husband, photographer James Dimmock, and daughter, Honor, five

**J**ames was shooting a lot in the US and I needed a new challenge, so we decided to move. It was a terrifying decision, but so worth it.

Our apartment is quite big by New York standards – it's on the second floor of a brownstone and the most English-feeling house I could find! It has a traditional feel, with fireplaces and wooden flooring.

Colour plays more of a role in my interiors than in my wardrobe. I love bright cushions. My favourite is by John Robshaw, on our bed. I'm lucky James lets me get on with it. He does

Photographs by **James Dimmock**





have his office 'man cave' painted in Farrow & Ball Dark Rectory Red with an Eames chair. It basically looks like a pub. I can never get him out of there!

We eat out and get more takeaways here than in London. At first, I couldn't understand why people didn't cook, but soon fell into the same habit – it's convenient and beats standing in the supermarket queues. Having said that, since having Honor, we've made more effort to cook. Although she loves going out for dinner – a typical New Yorker!

Weekdays are busy – after getting Honor to school, I take the subway to Shopbop's HQ in Times Square. I'm either shooting (our front-page editorial changes every day), accompanying the buyers into market for the latest collections, or catching up in the office. Finally, I'm running home to pick up Honor and, if the weather's nice, we go via the park and the bakery for a cookie. If it's date night, James and I will head into Manhattan for dinner.

We're lucky to also have a house in upstate New York, near Hudson. So our weekends are more mellow, with less TV and more family walks."



## MY NEW YORK FAVOURITE PLACES FOR...

### INTERIORS

#### ABC Carpet & Home

If I fancy a splurge. It's also just lovely to walk around. [abchome.com](http://abchome.com)

**John Derian** Go for gorgeous home goods (I'm a big fan of Hugo Guinness and have one of his cowboy prints hanging pride of place in my dining room). [johnderian.com](http://johnderian.com)

**West Elm** For well-priced, designer-feel pieces. [westelm.com](http://westelm.com)

### EATING OUT

**Extra Virgin** In the West Village. [extravirgin.com](http://extravirgin.com)

**Lil' Frankie's** It's near our home – their gnocchi is delicious! [lilfrankies.com](http://lilfrankies.com)  
Some other Manhattan favourites include:

**Indochine** ([indochinenyc.com](http://indochinenyc.com)),

**Cookshop** ([cookshopny.com](http://cookshopny.com)) and

**Minetta Tavern** ([minettatavernny.com](http://minettatavernny.com))

### DRINKS

The roof at Soho House. [sohohouseny.com](http://sohohouseny.com) ►





## IBIZA

**Grace Saunders**, 40, moved to Ibiza to set up a jewellery business, Circa Ibiza ([circaibiza.com](http://circaibiza.com)), with her husband, Mike. They live with their children, Isabella, 13, Gabriel, 12 and Raphael, seven, plus puppy Buggy, and cat Sizzles

**"O**ur house is a 300-year-old white-washed finca in the remote pine forest of Sant Joan, Ibiza. It's a traditional farmhouse that's been in my family for 20 years.

We moved two years ago, looking for a few years' life change and new experiences. It was all about turning the dream of living a rural Mediterranean lifestyle into a reality and pressing the 'pause' button on fast-paced, scattered family life. Back to basics in the sunshine!

We've maintained a very traditional style in our home, incorporating the old well as a feature in the main family room and centralising the open fires and woodburner, which warms the whole finca. Our interiors are a mix of





antiques from around the world, with lots of colourful cushions and rugs.

Unlike the glitzy south, life in the north of the island is about simplicity, and incorporating nature into daily life. I start my day with meditation and yoga or a run, before taking the children to school. It's a 20-minute car journey, but it's along stretches of empty coastal roads. A contrast to my London school run of bumper-to-bumper congestion.

Then it's to the market for groceries, before going to work on our jewellery business. I have to balance work with finca chores, like collecting kindling. When I pick up the children from school, we go to the beach or one of their sporting activities, before going home to eat dinner al fresco. One of the best things about living here is the sunshine; we spend most weekends at the beach with friends."



## MY IBIZA FAVOURITE PLACES FOR...

### FASHION & INTERIORS

**Boutique at La Paloma** An emporium of vintage one-offs, delicate

jewels and lace camisoles.  
**La Galeria Elefante** An Aladdin's cave of scatter cushions, candles, vintage frocks and coffee-table books. [lagaleriaelefante.com](http://lagaleriaelefante.com)  
**White Ibiza Boutique** Beach-side boutique – great for a kaftan or

a customised beach basket. [white-ibiza.com](http://white-ibiza.com)

### EATING OUT

**La Paloma** I love eating my favourite aubergine parmigiana while sitting in the lemon grove. [palomaibiza.com](http://palomaibiza.com)

**Nagai** Eat the island's best sushi by candlelight. [nagairestaurant.com](http://nagairestaurant.com)

**La Plaza** Salads and warm breads in the garden, or by the fire in winter.

**Wild Beets** For the perfect post-yoga juice. [wildbeets.com](http://wildbeets.com)

**The Gira Café** A boutique hotel ideal for candlelit supper in the garden. [thegiricafe.com](http://thegiricafe.com)

**Pastis** In the old town. Try the mussels or seabass.  
**Fish Shak** Eat freshly caught fish, while sitting on the beach – perfect! ►



## STOCKHOLM

**Charlotte Diaz de la Vega**, 31, moved to Stockholm in 2011 for a job as the marketing executive for an oil and energy company. She lives in the Östermalm district with her Swedish fiancé, Johan.

**"**Johan and I live in a top-floor flat with a balcony overlooking a leafy courtyard and a Greek Orthodox church. It has two bedrooms; a master bedroom with a walk-in closet and a guest room/study, open-plan kitchen and lounge area. It's painted in shades of grey, with waxed-oak flooring. I love to travel, so get interiors inspiration from hotels and restaurants – I want my home to feel luxurious, like a boutique hotel, but personal, too.

In Stockholm, home is important – life is dictated by the seasons, so in the winter, it's much more common to host dinners at home. In spring and summer, when the nights are endless and the weather is warm, Swedes make the most of it and the whole city comes alive with al fresco dining and



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IBIZA

This chalet, near the seaside town of Santa Eularia, has its own pool. With five bedrooms, it's perfect for inviting friends. From £480 per night.

[airbnb.co.uk/rooms/4717887](https://airbnb.co.uk/rooms/4717887)



BROOKLYN

Feel like a true Brooklynite in this two-bedroom townhouse in Carroll Gardens, from £195 per night.

[airbnb.co.uk/rooms/1009883](https://airbnb.co.uk/rooms/1009883)



STOCKHOLM

This super-stylish wood-floored apartment in Östermalm even has a Jacuzzi – from £160 per night.

[airbnb.co.uk/rooms/3973670](https://airbnb.co.uk/rooms/3973670)

outdoor parties. The contrast between the seasons is quite stark.

The pace of life is less stressful here; you don't have the bustle of a major city like London. There is also a sound work-life balance – people work to live, not live to work. It took me a while to adapt, working far more hours than my colleagues, but I came to the understanding that the number of hours I do doesn't dictate the quality of my work or my ambition.

I found myself with free hours, which allowed me to launch my health and wellness site, Sustain The Glow, with my friend and business partner. The aim is to inspire people by sharing tips and ideas of how to make healthy and sustainable changes in all aspects of life. It's definitely a labour of love.

My days are often spent in front of the computer. So, after work, I head home for a 60-minute power walk with my fiancé – I need to stretch my legs. I love to cook, so invite people over for a low-key mid-week dinner."



MY STOCKHOLM FAVOURITE PLACES FOR...

FASHION

**Acne Studios** makes up more than half my wardrobe. I love the clean Scandinavian lines, androgynous tailoring,

chunky knits and sheer blouses. [acnestudios.com](https://acnestudios.com)  
For contemporary designers, **Nordiska Kompaniet** has the best Scandinavian brands. [nk.se/stockholm](https://nk.se/stockholm)

INTERIORS

**Asplunds** A Swedish brand with their own

selection of contemporary furniture. [asplund.org](https://asplund.org)  
**Svenskt Tenn** Famous for its bold patterns and timeless furniture. [svensktenn.se](https://svensktenn.se)

EATING OUT

**Farang** The best Asian-fusion food. [farang.se](https://farang.se)

Oaxen Krog & Slip

Choose between fine dining in the Krog, or more casual dining in the Nordic bistro, the Slip. [oaxen.com](https://oaxen.com)

DRINKS

**Lydmar** This hotel offers al fresco dining overlooking the waterfront or on the

terrace. [lydmar.com](https://lydmar.com)  
**Riche** A popular Stockholm classic. [riche.se](https://riche.se)  
**Urban Deli** This deli, bar, restaurant and store is located on the island of Södermalm. It's where my fiancé and I went on our first date, so it's got to be good, right? [urbandeli.org](https://urbandeli.org)

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At home  
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## THE GLAMOUR LIST

# 10 tiny achievements that make you feel INVINCIBLE

Comedian **Laura Lexx** reveals in life's little victories



**1** Correctly entering the 3rd, 9th and 10th digits of your online banking password without counting it out on your fingers.

**2** Picking the train carriage that rolls up dead opposite the steps to the exit. Like Bond would.

**3** Telling yourself, "I'm not going to look at Facebook today" and actually sticking to it.

**4** Scanning a full shop on the self-service tills without the robot shrieking, "Unexpected item in the bagging area!"

**5** Catching the postman just as he's writing the little-red-slip-of-parcel-disappointment. That Asos delivery *will* be yours – and today, not after 12pm on the next working day.

**6** Completing a customer service call without getting annoyed once. Forcefield activated.

**7** Reading, comprehending and applying the appropriate action to an error message regarding printer failure.

**8** Learning an entire 11-digit phone number like we used to in the '90s.

**9** Fast-forwarding through the adverts and stopping exactly as the credits begin. TV experience level: remote ninja.

**10** Cruising through your tenth green light and feeling like in another life you might have been Usher.

Photograph: Rex Features

Laura Lexx's show, *Lovely*, is at the Underbelly throughout the Edinburgh Festival Fringe, August 5-30; [edfringe.com](http://edfringe.com)

# Fashion Runway...



**GRACIA** is a young contemporary fashion company based in New York, known for its' unique style that is all about the right silhouette and proportion to flatter every body type. Their look is a combination of edgy elegance with an international flair. Gracia is always evolving and reinventing new looks that makes a woman truly feel exquisite for any occasion. Visit [www.shopgracia.com](http://www.shopgracia.com)



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Model: Kiera Smith, Makeup: April Ross, Hair: Egle Micene, Styling: Jesse J and Kim Sheree, Photography: Trang Nghiem. Visit [www.dawnsunflower.com](http://www.dawnsunflower.com)



**YIREH** is a fashion brand inspired by a love for travel + the ocean, designed to empower and encourage, created by a full-circle-movement. Pictured is the Wild Daisy Romper in Songbird \$55 on

[ShopYireh.com](http://ShopYireh.com) Photo by Erin Paris.



**DOLLBOXX** is a bright, bold and fun Australian label. Offering unique and colourful designs in bikinis, fitness and beachwear. All styles are designed in Sydney, Australia. Follow the Dollboxx hype on Instagram @dollboxx and shop the bright, fun range at [www.dollboxx.com](http://www.dollboxx.com) Exclusive 10% discount code: GLAMOUR (valid until 7th September 2015).



**MÉLANGE MODE** specializes in unifying African prints with modern clothing. The edgy styles are the perfect way to bring a pop of colour to your wardrobe this summer. Visit [www.shopmelangemode.com](http://www.shopmelangemode.com) to see more fun pieces.

Dull prescription sunglasses are officially a thing of the past! **THE GLASSES BOX** offers beautifully crafted sunglasses and glasses with high quality prescription lenses at a fraction of the price of High Street stores.

Pictured: Sasha  
Prescription Sunglasses – £49.99 – [www.TheGlassesBox.com](http://www.TheGlassesBox.com)



**KRYPTIK ROSE** is an independent London streetwear brand offering bright and bold apparel and accessories for men and

women. Available in a stunning range of unique prints, their high quality yet affordable graphic print tops are unlike any others in the market. To find out more visit [www.kryptikrose.com](http://www.kryptikrose.com) Use code GLAMFAB15 for 15% off orders over £25 (expires 1/10/15).



Step into the new season with this gorgeous doctor's style handbag by **GUSTI LEATHER**. The genuine red-brown Moroccan cowhide is a must-have autumn accessory. Get yours and discover many more designs at [www.gusti-leather.co.uk](http://www.gusti-leather.co.uk)



**SNATCH MY WAIST** introduces OPTIMUS SPORTSWEAR. The Celeb Secret to a small waist is out! Waist trainers have exploded on the scene bringing the hourglass figure back to the forefront. The trainer alone won't get the job done. Workout as well and look great while doing so in Optimus Sportswear. Visit [www.SnatchMyWaist.com](http://www.SnatchMyWaist.com) for a wide variety of waist trainers and exercise apparel. 20% off with code GLAMOUR until 1/11/15.



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**AMPERSAND AS APOSTROPHE.** Seattle-based designer Jessica Park has created this stunning part rustic, part design-conscious range of glossy chic accessories for the style conscious. Shop the full collection online at [www.ampersandapostrophe.com](http://www.ampersandapostrophe.com)



Turkish and Finnish fashion designer **ALARAS SAGESEN** presents her Fall/Winter collection for 15/16, constructed from visions of creativity, the finest craftsmanship and from the highest quality materials. Raw materials are handled gently with an undefinable passion for art and fashion. For more information visit [www.alarasagesen.com](http://www.alarasagesen.com)

## Back to School Cool...

1. Online children's concept store for the design conscious of you out there. **OLIVES TOYBOX** sells a gorgeous selection of handpicked children's dinner ware, toys, decor and things to make and do from a range of contemporary and fun brands [www.olivestoybox.bigcartel.com](http://www.olivestoybox.bigcartel.com)

2. **HERO&CHIEF** believes in providing comfortable, organic and ethically sourced clothing for girls and boys. From neutral baby sleepers to bright jumpers, funky tights to cool t-shirts, the shop is packed with durable, unisex clothes for little adventurers. Receive 15% discount with the code GLAMOUR15 valid until 10/09/15. [www.heroandchief.com](http://www.heroandchief.com)

3. **HEY BABY** is a children's boutique focused on the highest quality kids clothing, shoes and accessories, award winning children's carriers and high chairs. They help making parenting that bit easier. Official stockists of Stokke, Tripp Trapp high chairs, Ergo baby carriers, Mountain Buggy and Frugi clothing. Visit [www.heybabyshop.co.uk](http://www.heybabyshop.co.uk)

4. **CHLOE & TATUM.** For the love of all things luxurious and lovely, meet Chloe & Tatum, a luxury brand that delivers high quality, high fashion pieces to only the most fashionable girls ages 2-8. Luxe Fashion For Your Little Lady. Shop Chloe & Tatum online now at [www.shopchloetatum.com](http://www.shopchloetatum.com) (Photography: Dyan Kethley Photography).



2  
hero&chief



# September Sparklers...



**1. MORAN MARTINE.** Suzanne Donahue hand carves architecturally inspired designs to create dramatic jewelry pieces like the Lattice Cuff £298 available at [www.martinejewelry.com](http://www.martinejewelry.com) and [www.hatchjewelry.com](http://www.hatchjewelry.com)

**2. LOVE LILY ROSE.** Gorgeous handmade silver jewellery from Love Lily Rose. Featured are the best-selling Swarovski Birthstone Bracelets (£22). Call **07711 989563** or shop online with 10% off using exclusive code **GLAMOUR** until 31st August 2015.

**3. IRIDESCENCE** is vintage inspired, beautiful and affordable – online boutique and party plan, new party planners required to join. Their Angel Wings statement necklace is an asymmetric design in antique silver with a sparkling grey stone feature £22. Visit [www.iridescence.co.uk](http://www.iridescence.co.uk)

**4.** This really is the perfect ring! Designed by **TAYLOR-MOSELEY**, each is hand-cut and textured to order. The hammered gold looks luxe and beautiful, especially against freshly manicured nails. Wear it 2 ways – with the cuff side showing on top of the finger or behind! 20% OFF with code **GLAM2015**, exp. Dec 31st. Visit [www.taylormoseley.com](http://www.taylormoseley.com)

**5. ELIE** created by designers Elena Corazza and Stephanie Althaus, makes unique, stunning back jewellery, enabling the wearer to make that open-backed dress even more beautifully eye-catching. Shop their full range of jewellery at [www.elie-jewelry.ch](http://www.elie-jewelry.ch) or email [info@elie-jewelry.ch](mailto:info@elie-jewelry.ch)

**6. ZOECA**, founded in Summer 2013, creates affordable and individual custom jewellery of high quality. Each collection is shaped by impressions of travelling, diverging cultures and art. Various metals, unique stones and simple forms represent the typical ZOECA Style. For more information visit [www.zoecajewelry.com](http://www.zoecajewelry.com) or email [info@zoecajewelry.com](mailto:info@zoecajewelry.com)

**7.** From **AZENDI**, these flexible, versatile bracelets feature their admired silver popcorn chain. This new design features the adjustable slider which means that it will adorn just about every wrist. Length from 14 to 24cm. Sterling Silver Made in Italy. Buy at House of Fraser Stores or [www.azendi.com](http://www.azendi.com) Price is £95.

**8. TEHILA DESIGNS.** Pictured is an elegant and unique handmade amethyst sterling silver bracelet with 18ct gold granulation. Designs are inspired by circular, organic and inanimate forms as well as ancient techniques giving them a modern twist. Visit [www.tehiladesigns.com](http://www.tehiladesigns.com) or [www.facebook.com/tehilajewellerydesigns](https://www.facebook.com/tehilajewellerydesigns) email [veronica@tehiladesigns.com](mailto:veronica@tehiladesigns.com)

**9. FRANCO FLORENZI.** Indulge in a life of luxury with the stylish Messina Costa Nato Strap Watch. Available in a variety of colours and straps. Simplistic but intricately crafted for all occasions. A thin and elegant time piece that stands out from the crowd. Get yours today from [www.francoflorenzi.com](http://www.francoflorenzi.com) for only £125.

**10.** Personalised Initial Ring by **MERCI MAMAN.** (From £29). These lovely and affordable stacking rings will be engraved by hand with the initial of your choice in their London workshop. The team will hand-craft your rings within only a couple of days and will gift wrap your order in their signature box. Available in sterling silver, gold plated and rose gold plated. For more information, visit [www.mercimamanboutique.com](http://www.mercimamanboutique.com) or call **020 7731 1377**.

**11. GENEVIEVE LAU.** Jennifer Lau, a Wall Street trader-turned-stylist, has designed a line of effortlessly chic jewellery that women can wear from day into evening. The collection, Genevieve Lau, is named after Lau's great grandmother and combines elegance and edginess with exquisite stones and unique designs. Lau suggests layering her pieces to reflect your individual flair. For enquiries email [jennifer@genevivelau.com](mailto:jennifer@genevivelau.com) or visit [www.genevivelau.com](http://www.genevivelau.com)

**12. NORTHCOASTCOTTAGE JEWELRY DESIGN** believes in making the world a better place and donates a portion of every sale to causes such as human rights, poverty, hunger, legal aid, animal welfare, wildlife preservation, the environment and cancer research. Customers can even direct where that portion of their purchase should go. Email [NorthCoastCottage@gmail.com](mailto:NorthCoastCottage@gmail.com) or visit the Etsy shop at [www.etsy.com/shop/NorthCoastCottage](http://www.etsy.com/shop/NorthCoastCottage) to find out more.



**13. PEACES OF INDIGO** creates meaningful jewelry for romantics and bohemian souls. Handcrafted in Nashville, Tennessee using recycled silver, gold and ethical gemstones. Handwritten inscriptions and nature inspired engravings are the heart of their designs. [www.peacesofindigo.com](http://www.peacesofindigo.com) or call 615-796-7696.

**14.** The Daphne Signature Silver with turquoise leather strap (£440) by **DU MAURIER WATCHES**. Part of a limited edition collection of just 300, this beautiful, Swiss-made timepiece is the ultimate summer accessory. Also available with light pink, hot pink, red or black strap. See the full collection at [www.dumaurierwatches.com](http://www.dumaurierwatches.com) or call 08455 193074.

**15.** A Day in Greece with **TARADISE**. Mati Collection. [www.shoptaradise.com](http://www.shoptaradise.com)  
**16. KARMA LINKS.** Standout jewellery with a chic bohemian flair to be worn alone or lavishly layered for a more stunning look. Paired with gemstones, pearls, sterling silver and gold charms, each piece enhances positive energy to its wearer. Visit [www.karmalinksjewellery.com](http://www.karmalinksjewellery.com)

**17. LOVE NATALIE** sell beautiful, classic and timeless pieces of jewellery. Pictured is a beautiful sterling silver stars and freshwater pearl necklace. To see more and shop online, visit [www.lovenataliejewellery.com](http://www.lovenataliejewellery.com) or [www.facebook.com/withlovenatalie](http://www.facebook.com/withlovenatalie)

**18. WEARING MEMORIES.** Australian designer Kiron Barui has created a stylish and unique jewellery range, designed to hold the cap from a Champagne bottle, preserving those cherished moments in life. For more information visit [www.wearingmemories.com](http://www.wearingmemories.com)

**19. ADEN & CLAIRE JEWELRY.** Simple delicate and personalized styles inspired by classic vintage fashion and modern simplicity. Designed and handmade near Nashville, Tennessee. For store locations or to order online visit [www.adenandclaire.etsy.com](http://www.adenandclaire.etsy.com) or [www.facebook.com/adenandclairejewelry](http://www.facebook.com/adenandclairejewelry)

**20. LUXURY IN SAFARI.** Introducing Safari Beads. This one of a kind bracelet is the latest addition to the HVS Accessories collection featuring combined Agate Beads, wood and gemstones combined to create a simple, yet elegant bracelet. Email [info@hvsdeluxe.com](mailto:info@hvsdeluxe.com) visit [www.hvsdeluxe.com](http://www.hvsdeluxe.com) IG @hvsdeluxe Prices start from \$45 USD.



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## Glamour's Most Wanted...

**Saress®**  
The Ultimate Beach Dress  
**£10.99**

As seen on TV

Say goodbye to the difficult, awkward sarong. Saress is simple and easy to slip on. It uses no knots or ties. Just a loop at 2 corners. Just slip the Saress around your back and thread opposite arms through for an easy, elegant, flattering beach dress in seconds - it's sensational! **Slims & Shapes**  
Stunning, timeless, cool, comfortable & crease free.

Visit: [www.saress.com](http://www.saress.com) Tel: 01902 750657  
19 designs 5 sizes

**COMFY CLOGS** Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit [www.comfyclogs.net](http://www.comfyclogs.net) or call Cecilia on 07815 750340 or 020 8780 9767 to find out more.

**COMFY CLOGS** are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on 07815 750340 or 020 8780 9767 for a brochure. Visit them at [www.comfyclogs.net](http://www.comfyclogs.net)



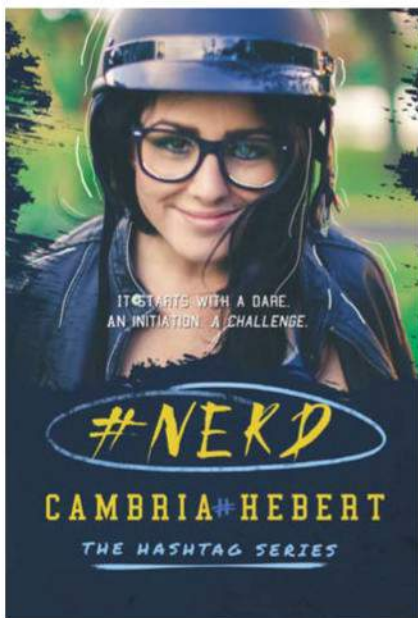
Located in Mayfair, **BOCCONCINO RESTAURANT & PIZZERIA** specialises in Italian cuisine. The menu remains true to its Tuscan roots, ranging from wood-fired pizzas to traditional homemade pasta, every bite has that authentic stamp of

home. For more information call on 020 7499 4510, or visit [www.bocconcinorestaurant.co.uk](http://www.bocconcinorestaurant.co.uk)



**BLUE VELVET**, the home of contemporary and Luxury footwear direct from the heart of Europe. Always one step ahead, they have established themselves on their quality and first-rate service. Visit them at: 174 Kings Road, SW3 4UP, call 020 7376 7442 or visit them online at [www.bluevelvetshoes.com](http://www.bluevelvetshoes.com)

# Glamour's Library...



## NERD BY CAMBRIA HEBERT

It starts with a dare. An initiation. A challenge. Quickly, it turns into more. But when you're a victim of your status, there is no room for anything real. The rules are clear and simple. Stick to your circle. And never fall in love with anyone on the outside. #Nerd is the first book in the popular Hashtag Series by Cambria Hebert. Available Now! [www.cambriahebert.com](http://www.cambriahebert.com)

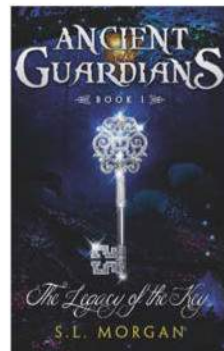


## KATIE IN LOVE

by CHLOE THURLOW.

Katie is 29, hip, Cambridge educated and sexually liberated. When she meets idealistic Doctor Tom Bridge, her world is thrown into crisis. As Katie reflects on life, her career, her passions, Chloe Thurlow peels back the layers of meaning to get at the core of what love means, a study of modern relationships threaded through with strands of art, literature and philosophy that takes readers to an ending they never would have expected. Chloe Thurlow is the author of 6 novels and was described by KM Dylan on Amazon as "The Anaïs Nin of our times."

[www.chloethurlow.com](http://www.chloethurlow.com)

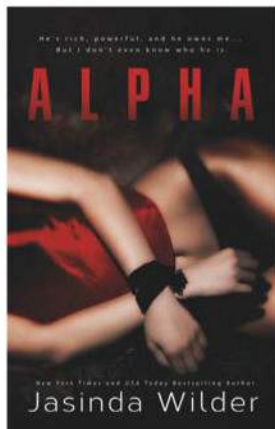


## ANCIENT GUARDIANS: THE LEGACY OF THE KEY (ANCIENT GUARDIANS SERIES, BOOK 1) by S.L. MORGAN

Does life exist outside of earth? Multi-Award winning and Amazon bestselling book, Ancient Guardians: The Legacy of the Key is the first book of the captivating novel series that is giving readers a unique escape into a whimsical dimension. Praised for the magical escape, witty characters and unexpected twists and turns, this book promises to draw you in and not let you go.

[www.slimorganauthor.com](http://www.slimorganauthor.com)

Categorized: Fantasy Romance.



## ALPHA by JASINDA WILDER

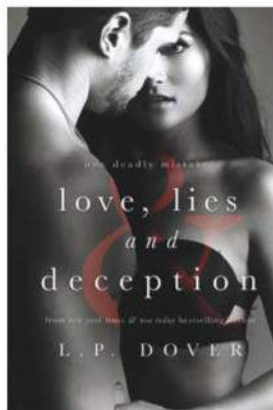
Ten thousand dollars. No hint of identity on the check except a single word: "You". If you receive enough money to erase all your worries, would you cash it? I did. The next month, another check, "belong". The next month, two words, "to me". A year later, a knock on my door. A driver stood in front of me, he spoke six words: "It's time to pay your debt." It turns out \$120,000 doesn't come free. [www.jasindawilder.com](http://www.jasindawilder.com)



## THE ASSASSIN by PAMELA DUMOND

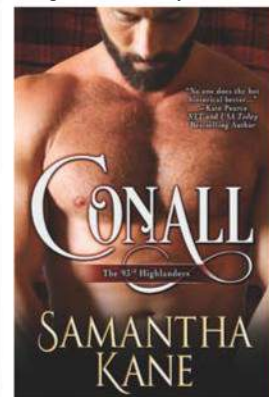
Madeline time travels across centuries delivering life-saving messages. When she discovers her true love is alive in present day, but doesn't remember her, she journeys to a deadly royal medieval conflict to rekindle his memory. Assassins and dark-souled time travelers seek to kill her. Will she be with Samuel again in life—or only in death? The Messenger (#1) is optioned for Film/TV.

[www.pameladumond.com](http://www.pameladumond.com)



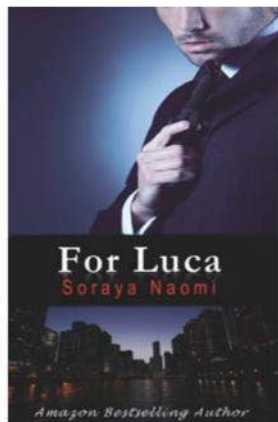
## LOVE, LIES & DECEPTION

A steamy, romantic suspense standalone by NY Times and USA Today bestselling author, L.P. DOVER. Twenty-three year old, Marissa Chase can't resist the sexy and mysterious, Alec Holden. His secrets take them on a deadly path of murder and betrayal. In the end, her trust is put to the test when those secrets become unveiled. What happens when the one person you thought you knew, turns out to be the one you knew the least? [www.lpdover.com](http://www.lpdover.com)

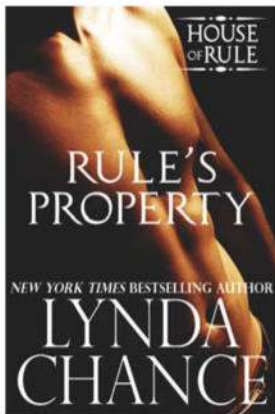


## CONNALL, THE 93RD HIGHLANDERS

From bestselling author SAMANTHA KANE comes a new erotic historical romance of forbidden love. When Connall Fletcher is injured during the Crimean War he is startled and intrigued by his friend Graeme Munro's reaction. Connall's been in love with widow Avril Scott for months, and it's up to him to make them believe that a future together is worth fighting for. "No one does the hot historical better." – Kate Pearce, NYT and USA Today bestselling author. [www.samanthakane.us](http://www.samanthakane.us)

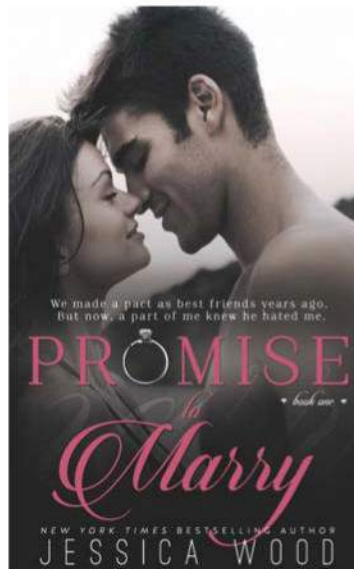


**FOR LUCA (CHICAGO SYNDICATE, 2)** by bestselling author **SORAYA NAOMI**. The highly anticipated sequel of romantic suspense/dark romance *For Fallon*. Some love stories are tainted with mistakes. Mafia underboss Luca and Fallon continue to distrust one another, but they have an intense bond not easily destroyed. This second installment of the bestselling Chicago Syndicate series will have you on the edge of your seat. [www.sorayanaomi.com/](http://www.sorayanaomi.com/)



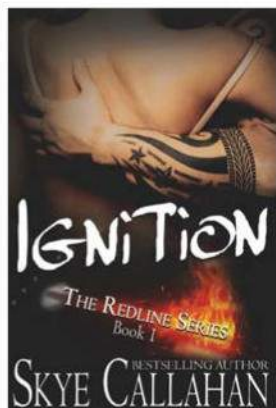
**RULE'S PROPERTY** by **LYNDA CHANCE**

When Courtney Powell is orphaned at seventeen, she goes to live with her widowed godmother. The woman's grown children accept her into their family – but there's something about the middle brother that causes wariness within. Emerging from her grief several years later, it becomes apparent that without her input and much to her anxiety, she's become Nick Rule's exclusive property. [www.lyndachancebooks.com](http://www.lyndachancebooks.com)

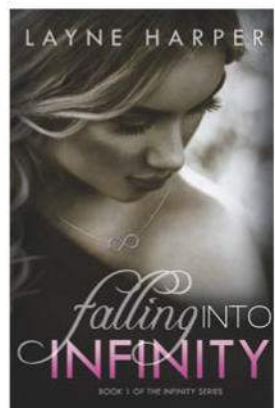


**PROMISE TO MARRY** by **JESSICA WOOD**

They made a pact to marry. Will secrets, betrayal, and fate break it? Jackson and Chloe were childhood best friends since they were seven. When they were thirteen, they made a pact: If we were still single by the time we turned 30, we'd marry each other. Chloe just turned 30. She's single, and knows Jackson is, too. But they are no longer best friends, and a part of Chloe knows that Jackson hates her. [www.jessicawoodauthor.com/books](http://www.jessicawoodauthor.com/books) (Available for sale on Amazon, iBooks, Barnes & Noble, Kobo & Google Play).



**IGNITION** from bestselling author **SKYE CALLAHAN**, a dark romantic serial to ignite your e-reader with twists, turns, and burning desire. Aubrey is a small-town girl who racks up big debts in the city, and Colt is a car thief who will do anything for a high. When their paths collide, will they find what they want? Or burn the city down in the process? *Ignition* kicks off the ride – FREE on all e-book platforms! <http://skyecallahan.com/>



*"This is a great romantic series with lovable, real characters and a captivating story!"*  
Amazon Bestseller

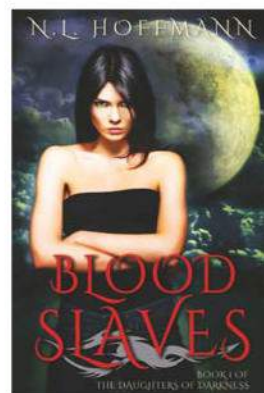
**FALLING INTO INFINITY** by **LAYNE HARPER** is a story about football player Colin McKinney who has wanted three things since he met Caroline when he was a junior in college: to marry her, play professional football and have a family. This is an epic love story about two people making it work. Available on Amazon.

[www.LayneHarper.com](http://www.LayneHarper.com)  
@Layne\_Harper



**CRANE** by **STACEY ROURKE**

The Horseman is unending, his presence shan't lessen. If you break the curse, you become the legend. Washington Irving and Rip Van Winkle had no choice but to cover up the deadly truth behind Ichabod Crane's disappearance. Centuries later, a Crane returns to Sleepy Hollow awakening macabre secrets once believed to be buried deep. Bodies are piling high and Ireland Crane is the only one that can save Sleepy Hollow by embracing her own damning curse. But is anyone truly safe when the Horseman rides? Visit [www.amazon.com/Stacey-Rourke/e/B0062KO148](http://www.amazon.com/Stacey-Rourke/e/B0062KO148)

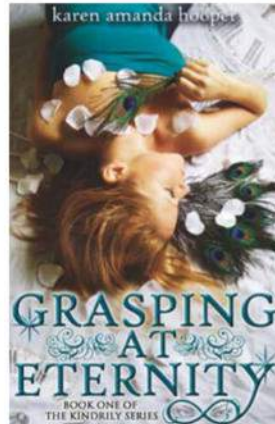


**BLOOD SLAVES** by **N.L. HOFFMANN**. Blake Noble is assigned by her superior to investigate the disappearance of humans. She learns they've been abducted by an organization called the Covert. After finding out she's the daughter of Lucifer, she begins to use her newly appearing abilities to survive through the investigation. Between demon lessons and falling for the Deputy Director of Michigan, she attempts a nail biting journey to shut down the biggest secret in vampire history. [www.nlhoffmann.com](http://www.nlhoffmann.com)



**SECOND VERSE** by **EMILY SNOW**

Kinsey Brock knew Emmett Hudson would be a star the moment he swaggered into her life. Hell, by the time she was released for the crime his scheming sister falsely accused her of, he already had a number one single. After a chance encounter sends him hurtling back into her atmosphere eight years after they fell apart, every emotion she's forced herself to forget since he gave up on her is pushed to the surface. Because this time, Emmet's not giving up on Kinsey – not without a fight. [www.emilysnowbooks.blogspot.co.uk](http://www.emilysnowbooks.blogspot.co.uk)



A young adult love story for all ages. **GRASPING AT ETERNITY**, book 1 of the highly acclaimed Kindrily series by **KAREN HOOPER**. Soul mates ripped apart by a tragic mystery; centuries of memories and supernatural abilities forgotten; protection by an eternal family and a green-eyed daredevil who have loved her for ages: This is Maryah Woodsen's life. She just hasn't remembered it yet. [www.karenamandahooper.com](http://www.karenamandahooper.com)



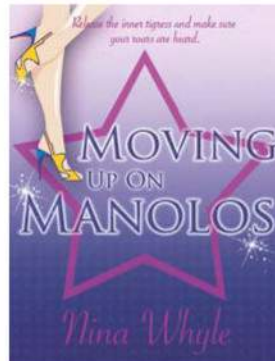
**WIDE OPEN** by **SHELLY CRANE**  
Milo is trouble. He's stuck in the past and doesn't know how to let go. Maya is trouble. She has no one but her brother in the whole world left and he's sick with a disease that no medicine can cure. The love you fight for is the love that can mend bridges, heal scars, and open closed hearts. [www.shellycrane.blogspot.co.uk](http://www.shellycrane.blogspot.co.uk)



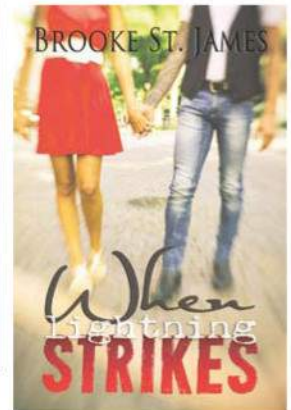
**THE X** by **LORENA BATHEY**. Clarissa Hadonfield had a lovely home, a successful husband, and two wonderful children. Until the day she discovered she had to fight for her children against an evil she never knew existed and had been sleeping next to for the last twenty years. Visit [www.lorenabooks.com](http://www.lorenabooks.com)



**ONE** by **SARAH CROSSAN**  
Grace and Tippi are twins – conjoined twins. And their lives are about to change. And their lives are about to change. No longer able to be homeschooled, they must venture into the world. Will they find more than stares and sneers? Can they find real friends? And what about love? A moving and beautifully crafted story about identity, sisterhood and love, guaranteed to make you want to pick up the phone to your loved ones. [sarahcrossan.com](http://sarahcrossan.com)  
Share your experience of **#OneBook** @SarahCrossan [facebook.com/SarahCrossanWriter](https://facebook.com/SarahCrossanWriter)



With over 25,000 copies sold **"MOVING UP ON MANOLOS"** by **NINA WHYTE** is a perfect holiday read. Jane Allen gave up on her acting dreams long ago, but now her friend and American TV heartthrob, Alex Canty invites Jane to Hollywood. Could this be her second chance? Could a pair of Manolo Blahniks help? Teetering (literally!) on the edge of possibilities Jane is about to fall head over heels in more ways than one. Available on Amazon, I-Books, Kobo and Smashwords. <http://ninawhyte.blogspot.co.uk>



**WHEN LIGHTNING STRIKES** by **BROOKE ST. JAMES**  
Get swept away by this sweet, quick story about finding love in unexpected places. All Mia Porter was looking for when she went to the tattoo studio was a small piece of art on her arm. She'd never met the artist before that day... but after it, she'd never forget him. [brookesaintjames@gmail.com](mailto:brookesaintjames@gmail.com) @Brooke\_StJames

# Glamour's Dream House...

**1. JONNY'S SISTER** designs and manufactures beautiful personalised products, including bespoke orders, for all occasions. From bunting and letter cushions to typographies and personalised enamelware there is something for everyone. Exclusive 15% discount by entering GLAMOUR9 at checkout till 30<sup>th</sup> September 2015. Visit [www.jonnysister.co.uk](http://www.jonnysister.co.uk) or call 01935 873186.



**2. PERSORA.** Contemporary home and interiors boutique offering homeware, art and gifts from some the UK's most influential designers mixed with unique one-offs. You can shop online at [www.persora.com](http://www.persora.com) and all Glamour readers receive 20% off a £50 spend with code 'GLAMOURPUSS' (expires 10.09.15).



**3. IMPERIAL CANDLES** is a British company that hand makes 100% natural soy wax candles with a piece of jewellery hidden inside, worth up to £2,000. These stylish candles will be the perfect addition to any home as an ideal gift for you or your loved ones. Visit [www.imperialcandles.co.uk](http://www.imperialcandles.co.uk) for 10% discount; enter GLAMOUR10 at checkout. Offer ends 10.09.15.



**4. CURIOSITY AND THE CAT** sources authentic vintage treasures and up-styles them in a refreshingly playful, contemporary way. Geometric prints and pops of unexpected colour create exciting vintage furniture one-offs. For Curiosity And The Cat's eclectic collection of up-styled vintage furniture, original curiosities and unique handmade gifts visit [www.curiosityandthecat.co.uk](http://www.curiosityandthecat.co.uk) or call 07967 310338.

**5. BAKER STREET BOYS** have created a unique marriage of raw steel and natural oak with their "The Line" collection of tables and stools. Perfect for contemporary or classic interiors. Visit [www.bakerstreetboys.com](http://www.bakerstreetboys.com)



**6. Bring 5\* luxury to your home with IMOGEN'S LUXURIES** handmade Soy Wax Candles and Reed Diffusers. Their indulgent Spa Collection features unique Essential Oil blends which pamper mind and body. Enter code GLAMOUR15 for 15% off (Valid until 10/09/15)

at [www.imogensluxuries.co.uk](http://www.imogensluxuries.co.uk)  
**7. MILLBROOK BEDS.** It's your best kept secret in the bedroom. Traditionally handmade in the UK for almost 70 years, Millbrook Beds are made to order using only the finest, locally-sourced, natural materials to offer the ultimate in sleep luxury. Visit [www.millbrookbeds.co.uk](http://www.millbrookbeds.co.uk) Email [enquiry@millbrookbeds.co.uk](mailto:enquiry@millbrookbeds.co.uk) or call 0845 373 1111.



# Gadget Girl...



**1. ELGATO.** No matter the weather outside – with Avea, bring the atmosphere you like to your home. Control your ambience from your iPhone, iPad, or Apple Watch, and unwind in one of the carefully crafted settings with subtly changing light. The Avea LED lightbulb connects directly to your iPhone or iPad using Bluetooth Smart technology, without requiring additional gateways or bridges. Connect more than one Avea, and they will automatically coordinate their lighting to create an even more immersive atmosphere. For more information visit

[www.elgato.com/glamour](http://www.elgato.com/glamour) or email [glamour@elgato.com](mailto:glamour@elgato.com)

**2.** Ibiza is not only the name of the legendary party island. It's also the newly launched earphones from **URBANISTA**. They both share the uncompromising love for quality music. The Urbanista earphones are made to deliver a clear sound with strong bass. And they fit perfectly in the ears through a unique silicon bud. Volume control for most smartphones. Apart from the pink panther, Ibiza comes in 5 other colours.

Visit [www.urbanista.com](http://www.urbanista.com)

**3. UPROSA** a young British company, turns science into style with a range of bold and colourful iPhone and Macbook cases, skins and tote bags, designed with real scientific imagery. Each unique product in the collection displays scientific research behind the design and scientists receive a cut of the profits to contribute to their research costs. Enter GLAMOUR15 for 15% discount at [www.uprosa.com](http://www.uprosa.com) (expires 10/09/15).

**4. SOUNDPEATS** mini lightweight wireless headphones QY7 and the A1 Stereo Headphones, offer high quality sound with HD speaker and enhanced bass effect. QY7 and A1 model eliminate white noise and deliver a clean audio experience offering hours of pure enjoyment. Available on Amazon and for more information visit [www.soundpeatsaudio.com](http://www.soundpeatsaudio.com)

## They Call It Puppy Love...



**1. PURE PET FOOD** is dog food with a difference. Natural, human grade pet food made from the freshest of ingredients, ideal for even the most fussy or sensitive dogs – and their busy owners! Why would you feed your dog something you wouldn't eat? For more information visit [www.purepetfood.co.uk](http://www.purepetfood.co.uk)

**2. JOLLY & BEA'S** Dog and Cat Accessories has now launched a stylish new look website! Featuring exclusive brands such as Bowl & Bone Republic, Jolly & Bea's are delighted to offer all GLAMOUR readers a fabulous 20% discount – quote GLAM to redeem, offer ends 6/9/15. Visit [www.jollyandbeas.com](http://www.jollyandbeas.com) or email [info@jollyandbeas.com](mailto:info@jollyandbeas.com)



**3.** Ease your puppy's arrival with **TAG & BONE's** fantastic gift packs. The Puppy "Be Prepared" pack (£55) contains a selection of toys and boredom breakers, a collar and lead, not forgetting the essential comforter to settle first night nerves. For more information visit [www.tagandbone.com](http://www.tagandbone.com) or call 01483 457082.

**4. SASSY PAWS** is a stylish store of handpicked products designed to give your best furry friend that little bit of extra class! Providing individual and quality cat and dog accessories, from made-to-measure clothing to handmade leather collars and leads. For more information visit [www.sassypaws.co.uk](http://www.sassypaws.co.uk) or email [info@sassypaws.co.uk](mailto:info@sassypaws.co.uk)



**5.** Whimsical is all the rage and you can't get more fanciful than these wonderfully kooky personalised dog bowls from **D FOR DOG**. This online store offers a whole range of personally selected dog products and accessories for your four-legged friends. Visit [www.dfordog.co.uk](http://www.dfordog.co.uk)

**6. STRATIFY** is a 3D printing company. Using a state of the art photo-scanning studio they capture a precise 3D model in mere fractions of a second. With a perfect 3D depiction of your pet, they will always be with you. For more information visit [www.minimals.me](http://www.minimals.me) or call 01628 610132.

7. The AniMat Cool Gel Mat from **ANIMALARM** is the perfect way to keep your dog cool this summer. The easy to use AniMat utilizes the latest technology in cooling, helping to keep your pooch safe and happy. Visit [www.TheAnimalArm.com](http://www.TheAnimalArm.com) or call 01452 702062. Quote 'Glamour10' for an exclusive 10% discount, ends 6/9/15.



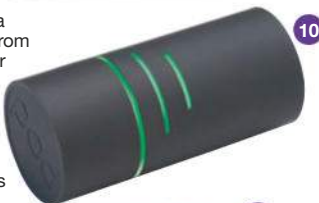
8. **LEUCILLIN ANTISEPTIC SKINCARE**. We all think about our own skincare but how often do you think about your pet's? Healthy Skin makes for a happy and healthy pet! Leucillin keeps skin clean and healthy. Leucillin is soothing and gentle, killing bacteria, preventing; irritation, dry, itchy, flaky or smelly skin, it's 100% safe even to ears, eyes, sensitive or allergy prone skin. For more information visit [www.leucillin.co.uk](http://www.leucillin.co.uk) call 08455 489800 or email [info@leucillin.co.uk](mailto:info@leucillin.co.uk)



9. Don't let the cat out of the bag! This fabulous satchel can be found at **TATTYPUSS**, a lovely little shop selling gifts for cat lovers. For more information visit [www.tattypuss.co.uk](http://www.tattypuss.co.uk)



10. **PODTRACKERS**. Never lose your pet again! Pod is a sleek little tracking device (about the size of a wine cork), which attaches to your pet's collar and lets you instantly locate your animal from your phone as well as track their activity and fitness levels. Quote PodGlam on checkout. For more information visit [www.podtrackers.com](http://www.podtrackers.com)



11. Toni, the proud owner of **THE PET PANTRY**, has always had a massive love and interest for animals. This shop sells everything from gorgeous dog collars and leads, to delicious natural treats for your furry friends. For more information visit [www.thepetpantry.co.uk](http://www.thepetpantry.co.uk) or call 01243 607071.



12. **MANN + MOON**: quintessentially British, distinctive, stylish, functional accessories for discerning dogs and their owners. A bespoke service, handmade from Harris Tweed and leather. Find that something special from their collection of unique dog walker's bags, collars, leads, toys, throws and more. To find out more, visit [www.mannandmoon.com](http://www.mannandmoon.com) or call 07941 684724.



13. **BAKER & BRAY** boasts a range of luxury, handmade products, using the highest-quality fabrics and leathers. Their ready-to-wear range of clothing, collars and leads and bespoke tailoring, guarantees exquisite style and comfort for your canine friend. GLAMOUR readers save 20% with coupon BBGLAM1509 at [www.bakerandbray.com](http://www.bakerandbray.com) (offer ends 01/10/2015).



14. **THE WAG CLUB DOGGIE DAY CARE** is the home from home all dogs and their owners need. Whether it's for an hour, a day or for that summer holiday you've dreamt of, The Wag Club cater for all your dog's needs. For more information visit [www.wag-club.co.uk](http://www.wag-club.co.uk) or call 07718 617821.



15. Looking for a purrrfect pet sitter in your local area? **PAWSHAKE** offer 'home from home' pet boarding and dog walking. No need for kennels! Premium insurance is included through Pawshake for that extra peace of mind. Give your pet a fun holiday too. For more information visit, [www.pawshake.co.uk](http://www.pawshake.co.uk) or call 07899 365533.



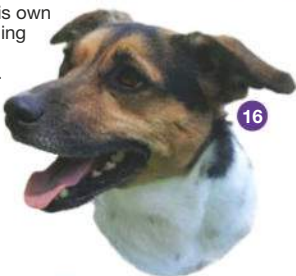
16. Matt Sellens began work as a freelance illustrator and animator under his company name,

**HOUNDWORKS** in 2007. His passion comes from his own animals and he specialises in wildlife studies of startling detail and accuracy using ink and watercolour.

Visit [www.houndworks.co.uk](http://www.houndworks.co.uk) or call 07966 664450.

17. **RUFFIT USA** is a revolutionary dog carrier, inspired by the inventors own dog Mojo.

Reinventing the way that we interact with dogs, the Ruffit USA team is creating new possibilities for what you can do and where you can go with man's best friend. The first comfortable, safe, and durable forward-facing dog backpack comes in a variety of sizes. For free delivery quote GlamUK valid until 1st February 2016. To see their full collection visit [www.ruffitusa.com](http://www.ruffitusa.com)



18. **DIAMONDS IN THE RUFF RUFF** specializes in custom, handmade-to-order luxury lifestyle products for your dog. With modern design and traditional elegance, this USA based company provides a wide range of the highest quality Swarovski jewelry accessories, couture and unique hand crated beds on the market today. Visit [www.diamondsintheruffruff.com](http://www.diamondsintheruffruff.com) or email [info@diamondsintheruffruff.com](mailto:info@diamondsintheruffruff.com)



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3



5



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**6. DOLL WHITE** non-peroxide teeth whitening strips starting at £19.99 for a 14 day course. Available from [www.dollwhite.com](http://www.dollwhite.com) use code DOLL20 for 20% discount off your pearly whites until 30/09/15.

6



**1.** Goodbye droopy eyelids – hello, **MAGICSTRIPES**: the original immediate temporary eyelid lifting without surgery! MAGICSTRIPES are invisible, lightweight and remain in place all day and, if necessary, all night. You can even apply eyelid makeup on top of them by dabbing, without rubbing. Available in three sizes Small,

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**2. LONDON BRUSH COMPANY** was founded by award winning Makeup Artist Siân Richards. Her boutique line of make-up brushes is designed to make bespoke quality available for everyone. LBC is the home of beautiful make-up brushes. Find out more:

[www.londonbrushcompany.co.uk](http://www.londonbrushcompany.co.uk)

**3. ZUZKA NATURAL BEAUTY** is an exclusive botanical skincare range designed by herbalist and beauty specialist Susan Kohutova. Zuzka's "Ocean Spa Cool Blue Contour Day Cream" is a refreshing, light textured, easily absorbed cream, rich in sea minerals to greatly hydrate the skin and reduce the appearance of fine lines and wrinkles. Peps up tired looking skin. Smells divine. Suitable for all skin types. Available from [www.zuzkanaturalbeauty.co.uk](http://www.zuzkanaturalbeauty.co.uk)

**4. TRUE PERFUME LOVE AND THE SCENTS OF ELEMENTS. ARTS&SCENTS**, a young German company creates perfumes of a special kind. THE ART OF CREATION is a symbiosis of artistic elements and fragrance creation. The perfumes of ARTS&SCENTS are unique young



**7. EYELUV.ME**, created just for you; offering the finest and superlative quality eyelashes and accessories. Get 10% off until 30/09/15 with code GLAMOURMAG. Visit <http://eyeluv.me/>



**8. SLENDERTOXTEA TEATOX**. Time to

reward your body? With their purely natural organic teatox there are many benefits from drinking, the Slendertoxtea teatox is available in 14 day to 3 month packs from [www.slendertoxtea.com](http://www.slendertoxtea.com). Get 20% discount using code GLAM20 until 30/09/15.

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**9. Mini:Burn** by **MINI V NUTRITION** is designed and developed by Vicky Pattison from MTV Geordie Shore and is a vegetarian and vegan friendly supplement containing high natural caffeine. Mini:Burn is Mini V Nutrition's top best product with raving reviews available to see at [www.minivnutrition.com](http://www.minivnutrition.com)

**10.** If you want smooth, hydrated and glowing skin, **REVIVAL BODY CARE** is your answer! This all-natural, eco-friendly line of body and lip scrubs will exfoliate your skin to perfection, revealing youthful and radiant skin from head to toe. Worldwide shipping is available at [www.RevivalBodyCare.com](http://www.RevivalBodyCare.com)



**11.** Lauded by industry experts, bloggers, and celebrities, the **LIQUILIFT** bio active face lift is stocked in the finest retailers. Available at [Liquilift.com](http://Liquilift.com). Quote GLAMOUR at the checkout and receive a FREE Daily Foam Peel worth £70 until 30th November 2015.



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Flashing flesh is fine, but **DON'T** wear a push-up bra – it makes the look too try-hard.

## "THE WOMEN WHO MADE ME"

# By Claudia Winkleman

Each month we're asking one amazing woman: who's changed your life? The *Strictly* presenter tells us her dream team

she's in LA, but when I do see her, I cry laughing until I'm sick. She's absolutely hilarious.

### Ilona Thykier

#### Mother-in-law

Ilona swoops in and looks after our kids when we need it. She's genuinely amazing and there is also nothing she can't do with a piece of meat. I've eaten in fancy restaurants, but her Swedish meatballs win everything.

### Victoria Coren Mitchell

#### Writer and broadcaster

I don't want to sound like an ancient version of Taylor Swift, but having girlfriends is more important than anything. Vicky is the smartest person I've ever met, and the kindest. I can be discombobulated and she immediately knows why. I'd love to think I do the same for her. We've had lunch in the same place every week since we were 20.

### Emma Freud

#### Broadcaster and co-founder of Comic Relief

When I was presenting a knitting show on Granada Breeze, Emma said, "Will you go to Uganda for us?" That trip changed my life – the poverty and horror and the way Comic Relief saves lives is something I'll never forget. Emma fights so hard for social

justice. This year, Comic Relief went past the billion-pound mark – she's an extraordinary woman.

### Debbie Dannell

#### Make-up artist


Debbie is in charge of my face. Due to the fact I like to look like I do (black smudged eyes and Tipp-Ex lips), she doesn't get a lot of work. Debs, I love you. Sorry about all the eyeliner...

### Mrs Dale

#### Sixth-form history of art teacher

Mrs Dale was confronted with a bunch of gum-chewing girls with rips in their tights. She took one look, marched us to St Paul's Cathedral and made us look at the exterior properly. "Architecture and art – the best things in life. I suggest we all buckle down and then you can all go to Cambridge University." Game-changing lesson.

### Nurses

A few times in my life, I have relied on both the male and female nurses who work in the NHS. I have been deeply moved by their kindness and brilliance. I can't mention everyone, but it would be wrong in a column about the women who changed my life not to say to Avonile, Alice and Helen – thank you. 

### Eve Pollard

#### Second female editor of a national British newspaper, and my mum.

My mum is cosy, strong and clever and was a staunch feminist when it was still a dirty word. I wasn't allowed Barbies ("women aren't supposed to look like that"). She told me I could, if I wanted to, rule the world. I love meeting women who feel like she broke a bit of the glass ceiling. Female journalists will say, "Tell her she did good."

### Cindy Winkleman

#### Step-mum

It must be one of the hardest jobs in the world. You fall in love and then the man says, "Time to meet my five year old." Step-children can't help but be livid, monosyllabic and freakishly judgemental. I hope I didn't do too much of that – I love my step-mum and she makes my dad over-the-moon happy.

### Sophie Winkleman

#### Actress and half-sister

I don't see Sophie enough as



From top Claudia with mum, Eve Pollard; half-sister Sophie Winkleman; Victoria Coren Mitchell; with Emma Freud

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